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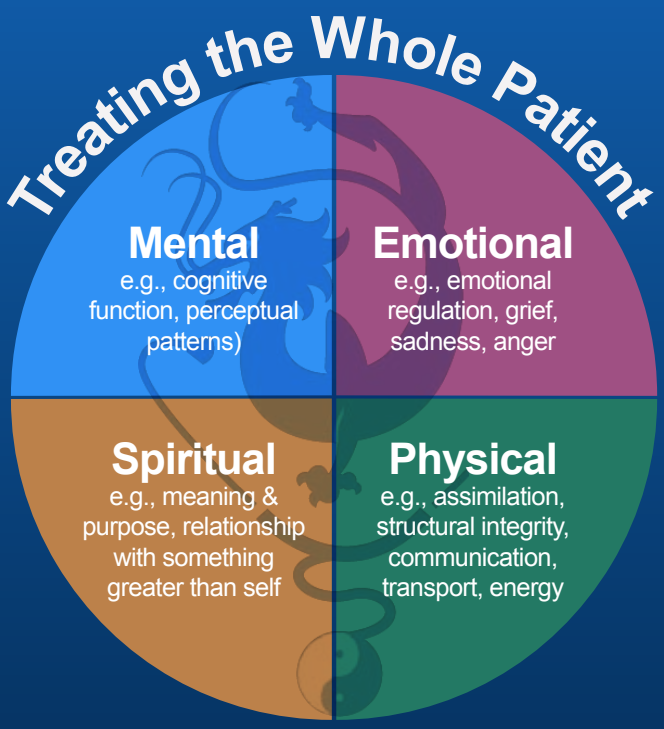
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Martha M. Grout, MD, MD(H), Founder

Martha Grout, MD, MD(H) leads a holistic medical practice in Scottsdale, Arizona. Dr. Grout has 25 years in emergency medicine, and for the last decade, she has been a homeopathic physician. Dr. Grout and her team are dedicated to the natural treatment and reversal of chronic disease.



Rekha Shah, MD, MD(H)

Rekha Shah, MD, MD(H) is board certified in Gastroenterology and Internal Medicine, as well as in Medical Acupuncture. She has been practicing medicine for over 30 years, with experience in allopathic medicine, acupuncture, homeopathy, and training in functional medicine.



Nic Peters, MD

Dr. Nic works with children, young adults, and their families coping with chronic health issues. By using science, clinical wisdom, and innovative tools, Dr. Peters can identify the underlying causes of chronic diseases and treat using safe and effective, complementary evidence-based treatments, behavior and dietary changes to re-establish optimum health.



Debi Murphy, PA-C

Debi Murphy, PA-C, supports the team at the Center and enables them to work more efficiently with patients. She tries to learn as much as she can about each unique patient's condition. She is especially interested in treating female hormone issues and patients afflicted with Lyme disease.



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Brent R. Korn, D.O. has been board certified in Internal Medicine and practicing medicine for 14 years, the last 5 of which have been devoted principally to the practice of integrative medicine. He is also an adherent and proponent of orthomolecular and "life extension" medicine.

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on the cover

November is our food issue! Get inspired and enjoy articles on food and tips to green your Thanksgiving this holiday season, plus much more.



Photo of Sleeping Frog Farms produce at St Philip's Plaza Farmers Market. Photo by Michael Moriarty

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Editor's Note



Photos by Michael Moriarty

Welcome to our November food issue! I consider myself a foodie, but it's funny – when I was younger, I was an extremely picky eater. I'm talking hiding-food-in-your-napkin picky. I became a vegetarian at a young age after trying various meat dishes at my family's dinner table and just not liking them. During my early years as a vegetarian, there were not many options, and I pretty much subsisted on grilled cheese and pasta, which was definitely not healthy. Thankfully, as I entered high school, I began eating better and trying new, adventurous things like goat cheese and beets, and my eyes were opened to delicious and vibrant recipes. Although I later started eating chicken and fish, I still don't eat turkey, pork or beef, so the holiday season can be a tough time.

Thanksgiving, of course, is a holiday centered around a meat-heavy meal. My favorite way to circumvent this tradition is to pile a plate high with tasty side dishes or whip up enchiladas or some other zesty main dish. Thanksgiving food doesn't have to be bland! I plan on trying my hand at the tempting vegan Thanksgiving-themed recipes on page 40, and would love to hear that some of you did, too.

The environmental impact of the meat industry is increasingly negative, and so we salute the few companies who are doing their part to raise animals in a sustainable way. I am very pleased to help spread the word about the local beef and pork farmers in this issue, in hopes that our carnivorous readers will seek out these sustainable companies instead of buying their meat from thousands of miles away. We can all use a wake-up call that animals need to be treated better, whether they're being raised for meat or not. Whether you're a carnivore, vegan or somewhere in between, you are sure to find something educational and tantalizing in this issue.

This month, we're also featuring stories on the "Food for Thought, Food for Life" documentary; a Phoenix-based auto parts recycling company; the Empty Bowls fundraiser; a spotlight on The Raven Café in Prescott; advice on living with an attitude of gratitude; and much more. Don't miss our feature on greening your Thanksgiving on page 18, as well as expert tips for throwing an eco holiday party on page 32.

Whether you're a carnivore, vegan or somewhere in between, you are sure to find something educational and tantalizing in this issue.

While the meaning of Thanksgiving has changed over the years, I admire those who cherish this holiday as a time of giving thanks and appreciating what we have. I wish you and your family a delicious Thanksgiving meal, whatever it is you'll be preparing, and a great time spent with friends and family. Please keep in mind those less fortunate this holiday season, and be mindful of food waste and overabundance. Keep it simple.

Amanda

Amanda Harvey
Associate Editor

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Email me at
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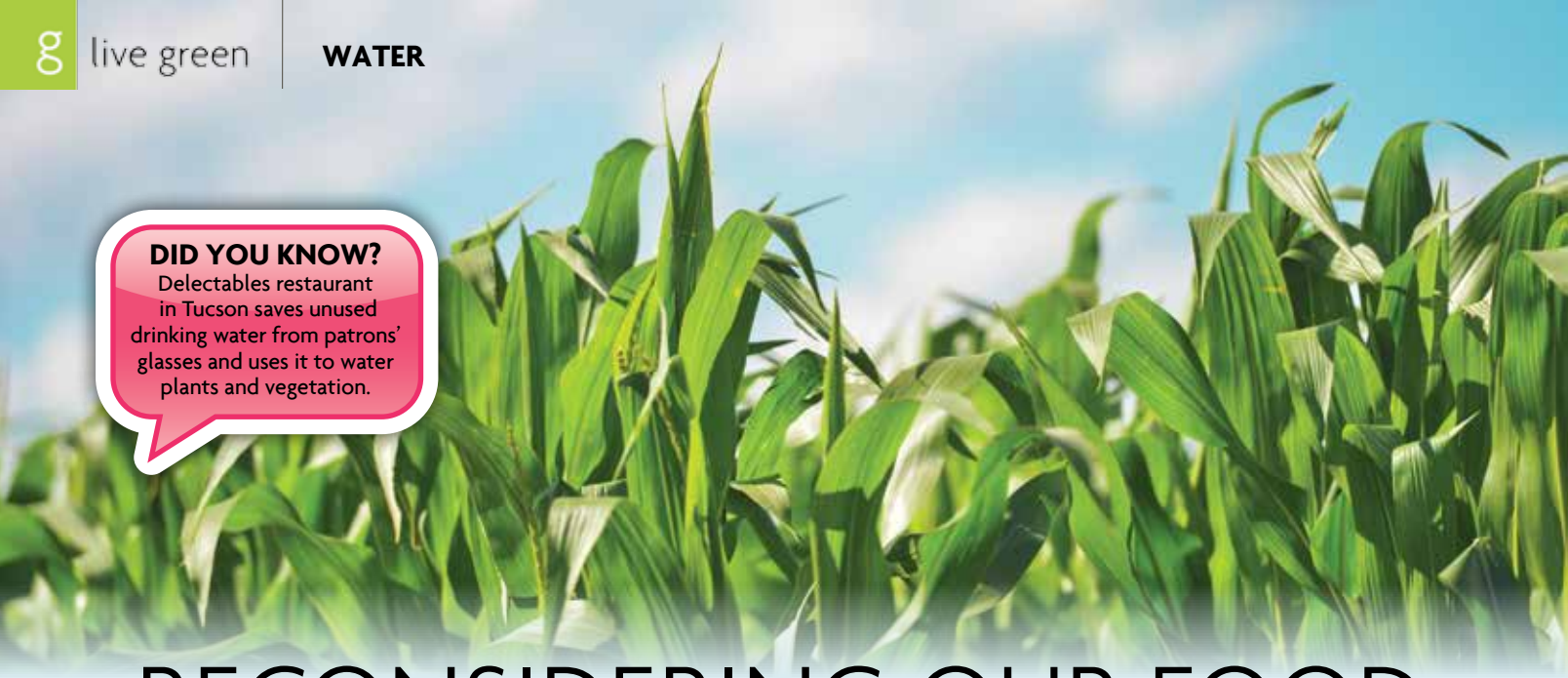
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DID YOU KNOW?
Delectables restaurant in Tucson saves unused drinking water from patrons' glasses and uses it to water plants and vegetation.

RECONSIDERING OUR FOOD IN A TIME OF LESS WATER

BY DAVID SCHALLER

In recent years, reservoir declines, diminishing rainfall and sinking aquifers in the southwest have elevated concern over future food security for the region. Arizonans are rightly asking what these water shortages might mean for the price and reliability of our everyday food supply.

Today, Arizona grows somewhere around three percent of its food, the balance imported from California, Mexico, and dozens of other fertile spots around the country and world. While much of our Central Arizona Project (CAP) water goes to agriculture, water for agriculture is not the same as water for food crops. Few of us have cotton or alfalfa in our daily diets. Across the state, many are working to produce more food locally, on farms and in gardens. Their aim is to reduce dependency on imports, plus take advantage of a growing number of us who prefer to support small, local farmers and their largely organic offerings. Still, it is going to take time and great effort to raise that three percent number to even five or six percent.

There remain many reasons why an era of less water in Arizona should worry us, however water shortages here will not threaten our food supply in any significant way as long as little of our food is being grown locally. A prolonged water shortage in California, the Midwest, Mexico or our other breadbaskets is another matter entirely. California alone accounts for 60 percent of the fresh vegetables we consume and produces a majority of the fruit we find on our grocery shelves as well. Winter harvests from Mexico let us eat ripe tomatoes in January. As long as these dependencies exist, we will have a compelling interest in the scope and severity of water shortfalls wherever our food is being grown.

California is in a deep and serious drought that is now taking a toll on food production in the state. Farms are being fallowed or abandoned, farmers are switching to less water-intensive crops, and everywhere water is harder to come by. As the cost of water goes up, so will the price of food. Should California's water shortages persist, Arizona's food worries could become more than hypothetical.

While California farmers are adjusting to the drought, what else can we be doing to build a water-smart food future? We can work to grow more water-thrifty foods locally. We can seek out and buy food with low water footprints, avoiding those from places where surface moisture and aquifers are declining. The water footprints of our food are not intuitive and may well surprise us: farmers need a gallon of water to grow a single almond, or a tiny slice of cantaloupe, or four strawberries, or two florets of broccoli. Wheat requires 132 gallons of water per pound, a pound of cheese requires 600 gallons, a pound of corn needs 108 gallons, and a whopping 1,800 gallons of water goes to produce a single pound of corn-finished beef. We have choices to make, for sure.

What we must remember going forward is that when we buy food from other places, we are also tapping into the reality of their water scarcity. The extent of our present vulnerability is not comforting. Just as farmers move to get more crop for the drop, our diets may need to shift as we become more water-savvy consumers. How easy this will be and how quickly we can adjust will be something to ponder as we gather around our holiday tables this fall.

David Schaller is a retired environmental scientist living in Tucson where he writes on climate, water and energy security.

For more articles about water visit greenlivingaz.com/water



VOLUNTEERS KEEP THINGS TICKING AT THE DESERT MUSEUM

BY JIM MILLER

"What can I do?" is a common query from people interested in supporting any organization. That's particularly true at the Arizona-Sonora Desert Museum, which relies heavily on volunteers and contributions from the general public. Many people don't realize that the museum is a privately funded institution and depends on contributions for much of its operating funds. The museum benefits from a national reputation for excellence, one that's reflected in the number of long-term supporters in the museum's roster.

"We have some people who are fifth-generation supporters," noted Cree Zischke, Director of Philanthropy. Some of those long-term partners are incredibly loyal, and no donation goes unacknowledged. Zischke described one contributor who has sent in a check for $2.50 every month for nearly 20 years. "She gets a thank-you note every month. Every contribution makes a difference, and we appreciate and value all levels of support."

In addition to individual supporters, the roster of contributors includes community partners and multiple foundations from across the globe. In the most recent capital campaign, more than 35 percent of the funds raised for the museum came from outside Arizona. Newsletters and other mailers are key methods of maintaining contact with out-of-town supporters, many of whom still maintain memberships despite the geographic distance. One of the most important local events is the museum's annual Desert Gala, which holds a unique place as both a fundraiser and a way to say "thank you" to everyone involved in the museum's operation. "It's like inviting people to your home," said Zischke. "It's an opportunity to celebrate and thank those who support the Desert Museum."



As another way of giving, the majority of museum staff consists of volunteers. Allison Miller, volunteer and Internship Programs Manager, points out that of the 27 departments at the facility, all have people who donate their time, and the ratio of unpaid to paid staff is almost four to one. That number includes more than 200 docents, many of whom work more than one day per week and go through a rigorous, four-month-long training class before officially interacting with guests. In fact, many of the behind-the-scenes volunteers are also highly experienced; many have retired from professional positions in related fields. Matching volunteers to specific departments often requires additional training. "Working with animals requires much more training for specific skills, and also a longer-term commitment from the volunteer," said Miller.

In addition to volunteers on-site, the museum benefits from volunteer Citizen Scientists who help with conservation research. Accurate science often involves meticulous observation of natural events, and requires a keen eye, painstaking attention to detail and, occasionally, a tolerance for mind-numbing tasks. How do you think we know how many seeds are in barrel cactus fruit? Or how many and which type of pollinators visit your backyard garden? Chances are those questions will be answered with the help of volunteers. And it's likely the answer they will give when asked is, "I can do that."

Further information on volunteering is available at desertmuseum.org/volunteer.

Photos courtesy of the Arizona-Sonora Desert Museum.

Jim Miller has been a professional writer for more than 40 years and has been published in dozens of magazines in both the U.S. and Europe. He has been a docent at the Arizona-Sonora Desert Museum since 2005.

Read more giving back articles at greenlivingaz.com/givingback



LYME DISEASE: DO WE HAVE THE FINAL ANSWERS?

BY MARTHA M GROUT, MD, MD(H)

Lyme disease is caused by infection with a spirochete – a corkscrew-shaped micro-organism called *Borrelia burgdorferi* (Bb), which infected ticks in the 1940s and was formally identified in 1981 by Dr. Willi Burgdorfer. There was almost immediate controversy about whether the disease existed and whether it should be treated for more than a few days with antibiotics. The debate was similar to the one which arose over the existence and treatment of HIV (AIDS), although the infecting organisms were very different. Doctors who treated Lyme disease were disciplined (and still are in 2015) by their Medical Boards for treating a "non-existent" illness.

Lyme disease may have started in Lyme, Connecticut, but it certainly has not stayed in that location. There is a huge cluster of cases in the Northeast and another in the Great Lakes area, with a scattering of cases across the rest of the U.S. Arizona has not been spared, despite the declaration by a specialist in Infectious Diseases in Phoenix that "there is no Lyme disease in Arizona."

Even if the majority of ticks in Arizona are not infected with Bb, most of us have natural tick-collecting devices in our homes – our dogs – and veterinarians know the extent of Lyme disease in their patients. Ticks are not that particular about on whom they feed, and partially fed ticks are ravenous for blood… anyone's blood. It may take less than 15 minutes for a partially fed tick to transmit the Bb organisms to its next victim through its bite. No one is immune.



The question then becomes two-fold. First, how do we diagnose the disease? Second, how do we treat it?

If someone sees the "characteristic" bull's eye rash, shows it to their doctor, and the doctor believes in treating the disease adequately, then the problem is solved. You get a four-to-six week course of doxycycline and are probably never troubled again with symptoms, unless you are reinfected.

The problem arises when the disease is not diagnosed. Perhaps no rash is ever identified, as is seen in at least 40 percent of cases. Perhaps it is discounted; you are advised that you do not have any symptoms, therefore you should not worry or have any treatment. Perhaps you experience the "summer flu" and get a rash all over your body, and are told that it's just a viral rash and requires no treatment. Unfortunately, this could be the second stage of infection with Bb, where the organisms become disseminated, or distributed throughout the body.

The symptoms of Lyme disease can occur in just about every organ of the body. Some people develop arthritis in multiple joints, palpitations or other heart-rhythm abnormalities, extreme fatigue, stomach problems (diarrhea, unexplained pain, bloating, food intolerance), brain fog and problems with memory. Doctors have even seen cases diagnosed as multiple sclerosis and Lou Gehrig's disease whose root cause was infection with Bb – Lyme disease.

Testing for Lyme disease is far from perfect. The "standard" test recommended for diagnosis by the IDSA, the Infectious Disease Society of America, is positive in fewer than 50 percent of documented cases. Part of the problem is that, while there are many species of Bb with which one can be infected, standard laboratory testing only uses a test for one single lab-cultured species, and therefore misses many positive cases. Many different test kits are available, but they are not necessarily comparable. You may have a positive test through one laboratory and a negative test through another.

In addition, the organism is known to severely affect the immune system. If your immune system cannot muster up

enough activity to make antibodies, then your test for Lyme, which is based on your body's antibody response to the organism, is more than likely going to be negative.

A negative test does not necessarily mean that you are not infected.

If you are fortunate enough to find a physician who believes your symptoms are real and who will treat based on likelihood of exposure and clinical suspicion – as the CDC recommends – your symptoms may improve but may not completely go away, even with adequate antibiotic treatment as recommended by the International Lyme and Associated Diseases Society (ILADS).



How is that possible? You have an infection, you are given a long course of intravenous antibiotics, and you are still not well?

At the fall 2015 meeting of the American Academy of Environmental Medicine (AAEM), a presentation by the chief science officer of Cyrex Labs showed that there is tremendous cross-reactivity between the Bb proteins and various proteins in our foods – and worse yet, in our bodies. Lyme may cross-react with brain tissues, muscle tissues, and even with viruses present in our bodies. What this means is that unless we are able to deal with the autoimmune aspects of infection with Bb, and decrease the total toxic load to which we are also reacting, even with adequate antibiotic therapy we may not completely eliminate the symptoms of so-called chronic Lyme disease.

An emerging therapy for these chronic Lyme symptoms uses a technique of immunotherapy – similar to allergy shots – which allows the body to tolerate its own tissues that are cross-reacting with the Lyme organism proteins. The treatment may be with extremely dilute solutions of the Lyme organism proteins, antigens to specific foods, or to organisms growing within the gut. Whichever tissue or organism is causing the body to overreact can be used to help the body calm down its reaction. The principles are those of standard allergy/immunology, although the technique is more individualized.

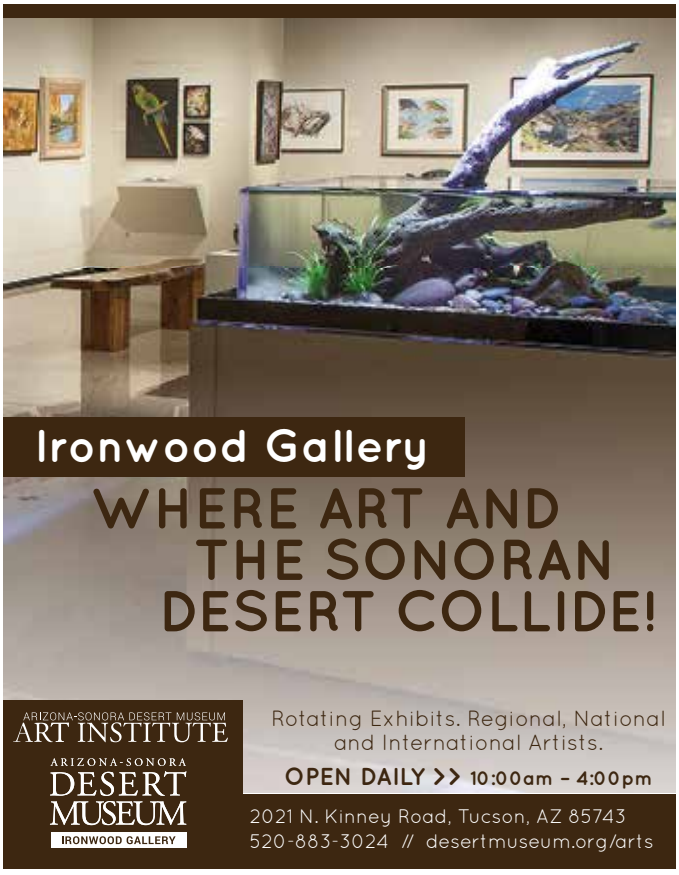
For more information on testing and antibiotic therapy, check out the ILADS guidelines recently published by the National Guidelines Clearinghouse, the most official listing of treatment guidelines in the U.S.

For more information on antibiotic and immunotherapy for Lyme disease, call the Arizona Center for Advanced Medicine at 480-240-2600 to speak with patient coordinators or to schedule a free 15-minute consultation.

Martha M Grout, MD, MD(H) is the founder of the Arizona Center for Advanced Medicine, a Lyme disease treatment center in Scottsdale, Arizona.

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Thanksgiving
THE ATTITUDE OF GRATITUDE

BY MARCI ZEISEL ROSENBERG

Around 106 B.C.E., Cicero, the Roman philosopher, lawyer and politician wrote, "Gratitude is not only the greatest of the virtues, but the parent of all the others."

Take a moment. Think about it. Cicero was onto something. How can we feel joy, compassion, forgiveness or love, without gratitude as our guide? Gratitude teaches us that when we live with an attitude of abundance rather than need, we are more joyful. Our capacity for compassion is stronger because we have enough in our lives to share with others. We forgive because our hearts are full. And we love because they are open.

The ancient Greek philosopher Epicurus was onto this 200 years before Cicero. He wrote, "Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for."

When we focus on things we don't have, we drain our joy and personal power. We fill that void with rocks of resentment, weighing us down and closing our hearts. We stop living in the moment and instead, waste our energy regretting the past and fearing the future. But when we are grateful for what we have, we remain present, allowing ourselves to realize that having more may not necessarily make us happier.

This is not to say that gratitude for what we have will prevent what we desire from coming into our lives. On the contrary. Practicing mindful gratitude expands our focus from the narrowness of negative thoughts to an awareness of all that is positive and possible in our lives, thereby creating an opening in our hearts to both give and receive joy, compassion, forgiveness and love.

"Gratitude doesn't change the scenery. It merely washes clean the glass you look through so you can clearly see the colors."– Richelle E. Goodrich, author of "Smile Anyway"

Respected leaders in both ancient and modern wisdom circles have been helping us understand that when we view life through the lens of gratitude, our vision is amplified, allowing us to see some measure of goodness in all we experience. This doesn't mean that life is perfect, but when we consciously count the blessings in our lives, we find that we have more to be grateful for than we thought. And when we make this a daily practice, we begin to experience waves of well-being in other areas of our lives.

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."– Ralph Waldo Emerson

Yes, even the tough stuff. Without challenges, without the experience of want, of pain, of sorrow, we would not appreciate their opposites.

"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens."– Kahlil Gibran

One simple practice to consciously cultivate a grateful life is to keep a gratitude journal over a period of 21 days, writing down one thing each day that we are thankful for in our relationships, our jobs, our health or any other aspect of our lives. It has been said that it takes 21 days to make or break a habit. By cultivating a habit of gratitude, we cultivate well-being in ourselves and perhaps, by who we are, inspire others to adopt an attitude of gratitude.

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."– William Arthur Ward

May this Thanksgiving Day celebration be uncommonly joyous, and the common days ahead be filled with thanksgivings.

Marci Zeisel Rosenberg is Senior Land Use Planner with Lazarus, Silvyn & Bangs, a land use law firm that helps clients create responsible development within the Phoenix and Tucson metro areas, all of Southern Arizona and parts of Northern Arizona. She is grateful for many things, among them: the diversity of people and geography found in Arizona; working with wonderful people in the office and in the community.

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RIDING THE PATH OF HAPPINESS

BY PAUL PROSSER AND SCOTT CLOUTIER

The pursuit of happiness can be thought of as a bicycle ride through life. Traffic, wind and rain, much like daily life challenges, distract us from the beauty of our surroundings and the way our body moves in harmony with the machine. On a bike or in life, an adult can experience the world through the eyes of a child – everything is new and unique. Subconsciously, we are in tune with both our internal and external environments – a connection both physical and spiritual in nature. Children, on the other hand, are constantly exploring their environment to make connections. Because everything is so new and fresh, those explorations are on a more immediate and conscious plane. Adults need to work more deliberately to be mindful of the body-mind and physical-spiritual connections with nature. Connections of mind and body are not limited to cycling – gardening, cooking, yoga, sports, martial arts, running or countless other healthful pursuits boost mindfulness and well-being.

Consider the wheel of a bike, the essential part that carries us down our path, built with hub and spokes supporting rim and tire. As the hub is the structural center of the wheel, happiness is the structural center of life. The rim and tire represent our contact with the natural world, spokes are energy pathways maintaining connection to wellness. Some spokes include eating habits, family relationships and social connections. If the rim and spokes are compromised in some way, our happiness opportunities are reduced. If the happiness wheel loses shape, as a result of a damaged spoke, the bike becomes wobbly – happiness is diminished. If the damage is severe enough, riding becomes impossible – happiness is unattainable. To maintain happiness we need to be mindful of every spoke's condition.

Mainstream American culture tends to reinforce our dominion over nature, while other cultures embrace an integrated lifestyle. For instance, the Navajo believe that our world is entirely connected; maintaining "right" relationships with the rocks, sun and stars is as important as tending to human relationships. Humans are in constant communication with water, air and earth; indigenous beliefs reinforce spiritual and physical realms as inseparable.

In America, the focus tends to be on working hard, making money, living in a comfortable house, and filling it with material things. Yet, the old trope remains true: money can't buy happiness. There are upper limits to the impact of income on happiness, and research indicates happiness plateaus around $75,000 in the U.S. It's not that material things are inherently bad, but possessions without spiritual or emotional value are devoid of the connections we need to increase our happiness. If you ask people what possession they would save if their house were burning down, most talk about family photos or heirlooms.

During our time working in neighborhoods in developing countries, where material possessions are limited and income is low, people consistently express high levels of overall happiness. In our conversations with residents, we've been told happiness is the result of deep family and community ties, spiritual and physical connections with nature, and the narrow gap between aspirations and their reality. The focus is on quality of life, not quantity of possessions. Though challenges to personal freedom exist, coupled with fewer work opportunities, lower incomes and multiple health challenges, people are grateful for the opportunities for happiness available to them. Gratefulness is a practiced art form, and happiness levels hold steady against a tide of inequity.

Some questions to ask when we are considering what actions might increase happiness are: Does it have emotional and spiritual value? Will it improve overall health and well-being? Does it add long term value? Will it help balance my life? If you can answer in the affirmative to all of these questions, then happiness is likely to result.

Paul J. Prosser is a local architect and a Master of Sustainable Solutions student in Arizona State University's Julie Ann Wrigley Global Institute of Sustainability. His work at ASU focuses on using local knowledge to increase happiness opportunities in the built environment.

Scott Cloutier is a Walton Sustainability Fellow and Assistant Research Professor within the Global Institute of Sustainability at Arizona State University. His works focuses on community development that might maximize opportunities for happiness through locally developed sustainable solutions.

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YOGA IN THE KITCHEN
DE-STRESS WHILE YOU COOK

BY SUSAN LANIER-GRAHAM

During the holidays, cooking and entertaining can make even the most centered person feel stressed. Taking a few minutes every day to incorporate yoga in the kitchen can help anyone become more at-ease and ready to face all those holiday chores.

Body & Brain Yoga, with four locations in Arizona, created the "Yoga in the Kitchen" concept. Brian Korbelik, manager and trainer of the studio's Scottsdale location, says these five techniques can help you feel the joy you're cooking up instead of resenting all those perfectly frosted cookies. "These simple but effective exercises make you more mindful of your body. You will feel rejuvenated and be more present during the holidays," Korbelik explained.

PLATE BALANCING EXERCISE

Increases whole-body circulation.

- Place right foot forward with right hand stretched in front, palm up, holding a plate on right palm.
- Rotate right palm with the plate towards your chest and out to the side.
- Rotate plate back over your head and back to center, creating a figure-eight.
- Repeat for the left side.

WHOLE BODY TAPPING

Wakes up stagnant energy and increases energy flow.

- Grab a ladle by the handle with rounded part facing your body.
- Tap wherever you feel stiff with rounded bottom of the ladle, focusing on shoulders, back, chest and legs.

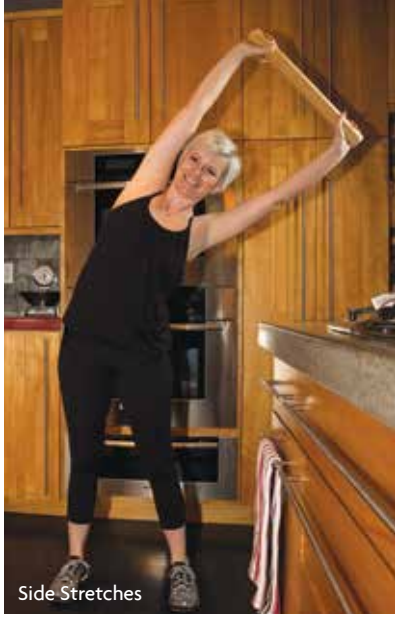
CHEST OPENING EXERCISE

Opens up heaviness in the chest, shoulders and mid-back.

- Find two kitchen tools, with handles, that you can grab easily with your palms.
- Stretch arms to shoulder level, grasping tools.




Plate Balancing Exercise


Side Stretches

- Bend elbows 90 degrees with fists up, facing each other.
- Fix your gaze forward then simply twist chest left and right, with center of body remaining forward.
- Exhale.

SIDE STRETCHES

Opens left and right vertical muscles.

- Grab rolling pin or towel.
- Stand with feet shoulder width apart, toes facing forward.
- Grab both ends of rolling pin or towel. Lift arms above head and stretch with elbows straight.
- With feet flat on the floor, lean to one side as far as possible, keeping gaze up. Don't collapse rib cage down.
- Exhale out and hold for 10 counts.
- Repeat on other side.

FRONT AND BACK STRETCHES

Opens front and back vertical muscles.

- Grab rolling pin or towel.
- Stand with feet shoulder width apart, toes facing forward.
- Grab both ends of rolling pin or towel. Lift arms above head and stretch with elbows straight.
- With feet flat on the floor, bend forward 90 degrees from middle with arms still stretched upward.
- Keep knees and back straight with gaze up on the tool.
- Exhale out, relax shoulders and hold for 10 counts.
- Return to standing position with arms still stretched overhead.
- Lean back, stick belly out using power from lower back and keep gaze on your belly button.
- With knees straight, exhale out and relax shoulders for 10 counts.

To find out more or for a personalized consultation, visit bodynbrain.com.

Susan Lanier-Graham is a Phoenix-based freelance food, wine and travel writer. You can follow her adventures looking for "wow moments" online at wanderwithwonder.com.

Exercise photos by Vince Alfaro, featuring Chef Danielle Morris of Earnest restaurant

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"ALTERED GENES, TWISTED TRUTH" AND THE HISTORY OF GMOS

BY SHEA RICHLAND

About the time genetically modified crops began being planted in the United States, Steven Druker, public interest attorney, set out to learn the facts about the massive venture to restructure the genetic core of the world's food supply. More than 15 years of intensive research and investigation exposed many irregularities, and he came to believe that the Food and Drug Administration's (FDA) policies and actions, by allowing these foods to be marketed without testing and without labels, were unscientific, irresponsible and fundamentally wrong. His research lead him to believe that, contrary to the assertions of its proponents, this massive enterprise was not based on sound science but on the systematic subversion of science – and would implode if subjected to an open airing of the facts.

Founding the Alliance for Bio-Integrity (a nonprofit public interest organization), Druker and a group of scientific experts and a distinguished group of spiritual leaders from diverse faiths became, for the first time in U.S. history, co-plaintiffs in a lawsuit challenging the policy of a federal administrative agency (the FDA).

The FDA files revealed that genetically engineered (GE) foods first achieved commercialization in 1992 only because the FDA:

- Covered up the extensive warnings of its own scientists about their dangers.
- Lied about the facts.
- Violated federal food safety law by permitting the foods to be marketed without having been proven safe through standard testing.

Druker's book, "Altered Genes, Twisted Truth," points out that many well-placed scientists have routinely issued misleading statements about GE foods, as have eminent scientific institutions such as the U.S. National Academy of Sciences, the American Association for the Advancement of Science, and the UK's Royal Society. In consequence, most people are unaware of the risks and the manifold problems growing and consuming these foods have caused. For example, says Druker:

- Contrary to the claims of biotech advocates, humans have indeed been harmed by consuming the output of genetic engineering. In fact, the technology's first ingestible product (a food supplement of the essential amino acid L-tryptophan) caused dozens of deaths and seriously sickened thousands of people (permanently disabling many of them). Moreover, the evidence points to the genetic alteration as the mostly likely cause of the unusual contamination that rendered the supplement toxic.
- Laboratory animals have suffered from eating products of genetic engineering, and well-conducted tests with GE crops have yielded troubling results, including intestinal abnormalities, liver disturbances and impaired immune systems.

This book is unique in that Druker brings to light specific questionable behavior beginning with the conduct of some molecular biologists early in the GE experiment and extending to the media repeating the false claims of biotech proponents as facts. Druker's extensive documentation and access to more than 40,000 pages of the FDA's own files give much weight to his arguments.

Jane Goodall's recommendation that Druker be given a Nobel Prize for his investigative work, stating that his book is "without a doubt, one of the most important books of the last 50 years," is worth noting. "Altered Genes, Twisted Truth" delves into the illegality and unacceptable risks of GE foods and provides consumers, policy makers, legislators and others with the details they need to make informed decisions about the GE food experiment.

GMO-Free Prescott and GMO-Free Arizona are honored to host "Altered Genes, Twisted Truth" author and public interest attorney Steven M. Druker November 10-14. Druker will share his compelling story of "How the venture to genetically engineer our food has subverted science, corrupted government, and systematically deceived the public."

For more information, visit gmofreeprescottaz.org and gmofreeaz.org.

Shea Richland is the founder of GMO-Free Prescott. gmofreeprescottaz.org

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FEED PEOPLE, NOT LANDFILLS



BY J.B. SHAW

An astonishing 40 percent of food grown in the U.S. is thrown away each year. To help address this national concern, the Arizona Department of Environmental Quality (ADEQ) has endorsed the U.S. Environmental Protection Agency's (EPA) Food Recovery Challenge (FRC). FRC participants save money, help communities and protect the environment by purchasing less, donating extra food and composting.

According to the United Food Bank, 19 percent of Arizona residents in 2010 were food insecure and suffering from hunger and undernutrition. That same year, the EPA reported that less than three percent of all food waste nationwide was recovered for reuse or recycling. That means about one million tons of food waste was donated to food banks, animal farms, used in anaerobic digesters or composted. The remaining 33 million tons went to landfills adding to methane production, which negatively impacts air quality.

The Food Recovery Challenge addresses the landfill issue and gives grocers, restaurants and food service providers better options when dealing with their food waste. The program provides participants with the tools needed to start auditing their food waste to practice source reduction, the top category in the Food Recovery Hierarchy. Once a business has a grasp on what they are wasting due to overbuying, they can begin saving money. Leftover food provides a nice tax write off for businesses when they begin to donate to local food banks. It also means we can "feed people, not landfills!" The food not appropriate for humans can have another purpose as feed for local animal farms. If you are lucky enough to have an anaerobic digester in your neighborhood, then those food scraps not suitable for eating can then be digested in a vessel that traps methane and uses it for energy in buildings, cars or other uses. Composting is next on the preferred list, and is a great way to recycle food waste as a soil amendment to grow more food for gardens, grocers, restaurants and food service providers.

Arizona Department of Environmental Quality's goal is to raise awareness around the food waste issue and provide tools for local food service businesses to save green while being green. Assistance can be provided to Arizona businesses looking to deal with their food waste in a positive manner.

For more information, visit www2.epa.gov/sustainable-management-food.

J.B. Shaw is a Recycling Coordinator for the Arizona Department of Environmental Quality.

For more articles about reducing waste visit greenlivingaz.com/waste

SHOP LOCAL: HOLIDAY GIFT BUYING BOOSTS LOCAL ECONOMY

BY KIMBER LANNING, EXECUTIVE DIRECTOR, LOCAL FIRST ARIZONA

Being green and being a Localist go well together. Being a Localist means you take a pledge to seek out local businesses over national chains, which keeps more money in the community to create local jobs and support vibrant neighborhoods. Shopping green and local requires awareness that your individual spending habits have an impact on the community and that collectively we can make a positive difference.

The winter holidays are the biggest spending holidays by far, with Americans spending over $616 billion last year on gifts, travel, food, events and more. That means there is no better time than the present to make the biggest impact with your spending. Here are a few ideas to go green and go local for your holiday gift giving:

Many local businesses specialize in upcycled gifts, like Refresh Glass who turns discarded wine bottles into candles and drinking glasses or Revamped Retro who creates clothing and handbags out of recycled materials.

A subscription to a local publication is the gift that keeps on giving throughout the entire year, and many, such as Green Living magazine, offer digital subscriptions to cut down on their environmental impact.

Another gift that extends throughout the season is a Community Supported Agriculture (CSA) share. Your loved one will enjoy fresh local produce from a local farm for the whole season.

If you're not into material gifting, try a membership to a local museum or attraction. No packaging required!

These are only a few ways you can go local and go green in one swoop for the holidays. For every dollar you spend this holiday season, you can have an impact on the environment and the local economy. Remember to #GiftLocalAZ and get more gift ideas at localfirstaz.com.



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GREENING YOUR *thanksgiving*

A THANKSGIVING DINNER
YOU WON'T REGRET IN THE MORNING

BY LAINE SEATON

It's the holiday season once again, and amidst all the good cheer and warm fuzzies, there's an ingrained tradition that's not always best for your well-being – nor for your waistline, your pocketbook, your planet or your sanity, for that matter. It's called overindulgence, and it's not your friend.

From the moment that the last piece of Halloween candy is eaten (oy, the sugar!), we join the stampede of shoppers to the grocery store, frantically filling our baskets to the brim for the perfect Thanksgiving dinner. And because we're all busy and time is so precious, anything with the word "instant" on the box or can is definitely going in the cart, no matter that the ingredients may be unhealthy.

But there's a better way to do Thanksgiving. From planning a healthier menu to knowing where to find local, natural ingredients and dealing with those plentiful leftovers in less wasteful ways, we'll set you up with a new tradition for which you and the planet can be truly thankful.

PLANNING A GREENER MENU

Hold the turkey, please

Turkey may be the centerpiece on most Thanksgiving tables, but the production of America's favorite November food tradition requires enormous amounts of land, water and energy compared to plant-based fare. The great thing about fall is the abundance of rich, flavorful vegetables like pumpkin, squash and sweet potato that are nutritious, filling, and perfect on chilly November nights. There are countless recipes for stuffed squash or sweet potato casserole topped with a sprinkle of cinnamon that can serve as your main dish. For tofu lovers, there's the popular Tofurky, and Trader Joe's has earned a huge following for their "Turkey-Less Stuffed Roast" made with protein from soy, peas, wheat and ancient grains. Vegans and meat-eaters alike swear by it.

Stuffing that won't leave you stuffed

If stuffing is a must-have, why not try a version that's bread-free? Pass on belly-heavy grains in favor of a recipe like the one we found at wellnessmama.com, whose author stated, "This stuffing is made with roasted turnips and sweet potatoes and flavored with apples, celery and onions. It's a much healthier alternative to the processed bagged versions, and the hints of sage and thyme give it the taste of the stuffing you are used to without the artificial ingredients."





Soup: Don't underestimate it

Soup is another terrific addition to any Thanksgiving meal. Homemade corn chowder, split pea, black bean or tomato bisque are all vibrant, flavorful choices that are healthy, delicious, and a great way to use what you already have in your fridge and pantry.

Dessert without the sugar crash

If after all this you still have room for dessert, rather than the typical store-bought pumpkin pie, consider an apple crisp with oats and coconut that's actually low calorie. A blogger from popsugar.com writes: "Slice into a piece and you'll find a crunchy almond, oat and coconut crust oozing with juicy, sweet apples and sprinkled with a crumbly oat, coconut and brown sugar topping. It's the perfect Thanksgiving dessert, and because it tastes so decadent, your friends and family will have no idea it's vegan. And since there's no butter, it's just 338 calories."

YOU HAVE YOUR MENU. NOW WHAT?

Now that you've planned your perfectly sustainable, eco-friendly Thanksgiving menu, where can you find the best ingredients? First and foremost, try to buy items in their natural state. Stay away from processed, packaged food as much as you can, and be diligent about reading labels. If your heart is set on having a traditional turkey, opt for an organic, free-range version. Turkeys that are free of hormones and are raised sustainably are the better choice.

Shop local. Thankfully there are many weekly farmers' markets where you can buy directly from the grower. Not only will you be helping the local economy, but you'll avoid the myriad of additives and enhancements typically found in supermarket fruits and vegetables. If you have your own garden, even better! You'll just have to plan enough in advance to harvest your crop come Thanksgiving.

CLEAN UP, LEFTOVERS AND A PACKED FRIDGE

Being green doesn't have to stop when the table is cleared. If you have leftovers, why not share them with friends or neighbors? Just be sure to use reusable containers to avoid plastic wrap or foil which just creates more waste. Another terrific option is to donate your leftovers to your local homeless shelter. Also, check out your scraps for items that can be used in soups or stews, and for the rest, start composting. It's a great way to produce nutrient-rich soil for a home garden.

So you see, you really can do Thanksgiving right without falling victim to the overindulgent frenzy of the season. By incorporating just a few of these "green" tips into your Thanksgiving tradition, your waistline and the planet will be thankful to you!

Laine Seaton, CFRE, is the Principal/Owner of Seaton Communications. Her 20-year professional background includes work in book and magazine publishing, along with marketing, communications, organizational development, strategic planning and fundraising for nonprofits. She lives in Phoenix with her husband Chris.

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EMPTY BOWLS FUNDRAISERS FEED BELLIES AND SOULS

BY AMANDA HARVEY

If you live in Arizona, you've probably visited the Mediterranean restaurant Pita Jungle on more than one occasion. The local restaurant chain wants to be known for more than their tasty, healthy food, and has teamed up with nonprofit Waste Not and the Arizona Clay Association to host their second annual Empty Bowls event.

Empty Bowls events support community projects that help to feed the hungry. They have been occurring nationwide for years and can be hosted by anyone, with a few simple parameters. Bowls used in the event are made by clay artists, and the money raised is given to a food-related charity.

Waste Not is an Arizona nonprofit that saves unused food from restaurants, grocers and hotels, and delivers it same-day to more than 100 agencies that feed thousands of hungry people. Waste Not is unique in that they are not a food bank – their five refrigerated trucks are on the road six days per week collecting 6,000 pounds of excess perishable food. The Arizona Clay Association (ACA) has been working with Waste Not for 25 years on their own Empty Bowls event, which takes place every October.

"The idea is to draw attention to the issue of hunger and to serve a modest meal that is representative of the amount of food some people have in a single day," said Dee Mitten, executive director of Waste Not. "Then, when people leave, they take their empty bowl with them, and it's a reminder that some people's bowls the world over are always empty."

Waste Not and the ACA were thrilled when approached by Pita Jungle last year to collaborate. The first event was a huge success; locations were supplied with 15 bowls and ran out on the very first day. This year, they plan on having 50 bowls per store.

"For us, it's a way to give back to the community," said Pita Jungle's founder/co-owner Bassel Osmani. "We've been around for 20 years, and we go out of our way to give back. Hunger is a ubiquitous problem in our society, and we're in the food business. It's a no-brainer for us to contribute in that fashion. We need to help solve the problem of hunger where we do business," Osmani continued.

So much effort goes into the events, with one bowl taking about two weeks to create from start to finish. "It takes a lot of us, a lot of people and a lot of community," said Lee Carroll, president of the Arizona Clay Association. The ACA is comprised of about 100 local clay artisans.

An aspect that makes Empty Bowls events so unique is the chance to buy a piece of affordable one-of-a-kind art. "A lot of people like art, but they can't afford to buy it. They can come to the Empty Bowls event and buy handmade art," said Carroll. "There are many people that come year after year looking for specific artists."

"The event is a great marriage between the three entities," commented Mitten. The event draws more people into Pita Jungle restaurants with the desire to purchase a spectacular handmade bowl and give back to the community. In turn, more awareness is raised for the Arizona Clay Association and more funds are raised for Waste Not, which goes to helping those in need. "It was very successful last year, and we're anticipating it working just as well or better this year," Mitten said.

The Empty Bowls event will take place December 1-6 at all freestanding Pita Jungle locations. Bowls can be purchased for $15.00, which also includes a small hummus or soup. All proceeds benefit Waste Not.

For more information on Waste Not, read our article from the March issue at greenlivingaz.com/waste-not-az or visit wastenotaz.org. Also visit pitajungle.com and arizonaclay.org.

Read more about corporate social responsibility at greenlivingaz.com/csr



"FOOD FOR THOUGHT, FOOD FOR LIFE"







Susan Rockefeller



DOCUMENTARY EXPOSES THE DIRTY SIDE OF AGRICULTURE

BY ROXANNE BOWERS

Susan Rockefeller is an author, entrepreneur, conservationist and award-winning filmmaker. Her next project is to change the way we eat.

Rockefeller's newest film, "Food for Thought, Food for Life," exposes the harmful effects that food production can have on the environment, including the emission of greenhouse gases and the depletion of natural water sources. "I hoped to inspire change in our food choices and encourage others to celebrate food for the amazing benefits it offers," she said. "When people start thinking about how food is grown and the connection between healthy soil, healthy food, and our own health, they are empowered to make good choices for themselves and the planet."

When we think of agriculture, we often think of organic and healthy foods. But there are some harmful underlying effects on environmental conservation that are caused by our current agricultural systems. What most people don't realize is that agriculture produces 30 percent of our greenhouse gas emissions, and every one unit of food produced takes up to 10 units of energy to grow and maintain these crops.

But what surprised Rockefeller most about the current food system when filming the documentary was, "…the role of government subsidies, and how they continue to support very few crops instead of working toward a diverse and healthy food system." In fact, 90 percent of farm subsidies go to only five crops: soybeans, cotton, rice, wheat and corn. Rockefeller hopes that her documentary will inspire people to make changes to what we grow and how we grow it, starting with distributing subsidies to a wider variety of crops and tax dollars towards healthier school lunch programs. "We should be educating people about food so they can make healthier choices, and use food as an opportunity to get involved in the community," Rockefeller said.

Gratitude, says Rockefeller, is the key to living a sustainable life. "Studies continue to show the emotional, psychological and physical benefits of gratitude," she stated. "It's important to be thankful for each day we are here on this mysterious planet." Rockefeller believes that paying attention to what we eat and how we grow our food will inspire people to become more involved with local food producers and to grow more community gardens. "I want everyone at the table enjoying the bounty of Mother Nature, and I would love to see more rooftop and community gardens in urban areas and food deserts."

Rockefeller's advice to those who want to make sure their food is sustainable: "…Dedicate time and efforts to organizations that work to create a better and more equitable food system that will benefit the world right now, and in the future."

Roxanne Bowers is currently a candidate for a bachelor's degree at Arizona State University's School of Liberal Arts and Sciences. She is a local writer passionate about sustainable living.

Read more articles about education at greenlivingaz.com/education

CREATING A CANAL OASIS IN THE DESERT

BY MARIA FABIOLA PORTILLO

The Phoenix metro area has an expansive canal system, which the Hohokam Indians developed thousands of years ago. The Arizona Forward Canalscape project aims to make Arizona the leader in canals.

The goal of the Canalscape project is to revive the Valley's canals. Recent efforts include the revamping of the Grand Canal system within the school communities of Brophy, Xavier and Central High, with an interesting group of collaborators that include SRP, the City of Phoenix, Arizona State University and the private sector.

"We are in a collective consciousness that canals can be better," said Chris Wass, co-chairman of the Canalscape committee, during one of Arizona Forward's monthly meetings. "People have been working on these ideas for decades, before I was even born. The grand vision is a ribbon of connectivity."

Phoenix has more than 180 miles of canal, which is more than San Antonio, Indianapolis, California and even Venice. According to SRP, there are currently about 51 miles of canal bank pathways throughout the Valley. These canal bank trails are primarily used recreationally. While some have crossing access at traffic signals or crosswalks, many don't.

Enhancing the canals could offer more comfortable recreational passageways, non-motorized transportation options, and alternative energy generation. The first steps of the Canalscape project have been underway for several years, with great canal-oriented projects accomplished by the City of Scottsdale and other municipalities.

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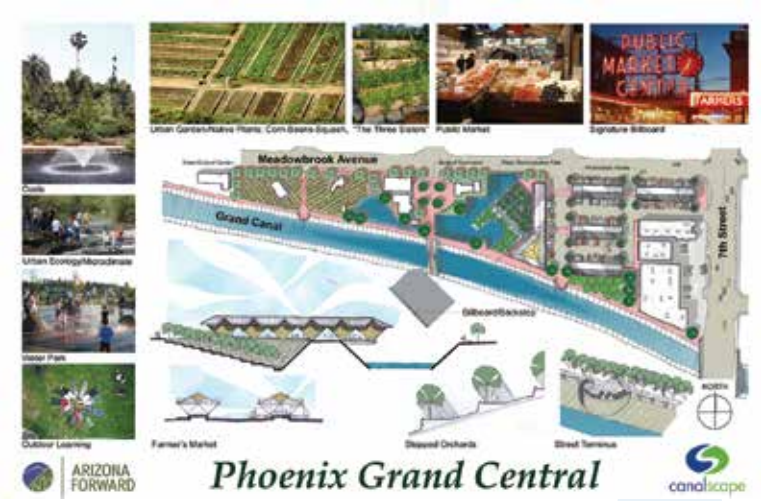
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Lynette Pollari, co-chairman of the Canalscape Committee, highlights O.H.S.O Eatery in the Arcadia neighborhood on Indian School Road as a prime example. Because of the restaurant's connection to the canal, says Pollari, "It's a modest restaurant that has become a community hotspot."

One of the goals of the Grand Canalscape Project is to drive pedestrian and bicycle traffic to the canals. For this project to be a success, experts say we have to improve how the canal banks look and how people perceive them. As it stands, forgotten canals in many parts of the Valley have become a refuge for the homeless and a convenient place to dump trash.

"The canals won't be used if they do not feel safe," said Wass. "I am a jogger, and it would be nice to see a map or signs of where one is on the canal and where to go next."

The Canalscape project will focus energy in Phoenix and beg comparison to other positive developments, such as Tempe Town Lake or the Scottsdale Waterfront. Once all of the local municipalities are engaged, the tide will turn, the committee predicts. Pedestrian use will increase dramatically, and successful venues along the canal length will become commonplace.

While our canals have incredible potential, projects of this kind and scope could take decades to come to fruition. The Scottsdale Waterfront project cost nearly $25.3 million and just about 20 years of planning, according to City of Scottsdale former planner Don Hadder.

Still, a project such as this is worth the investment. "Bridges and canals have been dividing land between communities," Pollari stated, in reference to the different neighborhoods surrounding the Grand Canal. "The more connectivity we have, the better."

Maria Fabiola Portillo is a student, observer, listener and storyteller at Arizona State University learning how to positively impact the world through multimedia.

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ARIZONA GRASS RAISED BEEF: A LOVE STORY

BY STEPHANIE FUNK

We beef lovers are a jaded bunch. Though we do our best to seek out the right labels ("grass fed," "organic," "local") we know we've had our hearts broken too many times. We've seen the documentaries, read the exposés and know that when the curtain is lifted, we find nothing but horror. Why is it that a good (for you, your wallet and the environment) cut of meat is hard to find?

Greg and Deborah Bernett and Tim Petersen had the same question. Deborah had years of experience as a food broker, Greg in real estate, and Tim in ranching. A turn of health consciousness coincided with a real estate investment in Northern Arizona. One thing lead to another, and the Arizona Grass Raised Beef Company (AZGRB) was born. Its mission: to provide clean, grass-raised, grass-finished beef.

It's an idyllic scene: because of the Arizona climate, AZGRB and affiliate ranch cows are able to forage and graze on grasses all year long on over three million acres of ranch, growing slowly and healthily. "We're old school," said Greg Bernett, co-owner and "Boss of Bones" at AZGRB. "We're very true to the movement of clean, 'never, never' beef." By "never, never," he means that the cows are never fed grains or silage, never given hormones or antibiotics, never brought from outside Arizona, and never treated inhumanely upon processing.

What really makes AZGRB attractive is that it has its own USDA-inspected processing plant. This allows AZGRB to offer a product that is not only "grass raised" but also "grass finished." Said co-owner and rancher Tim Petersen, "Most cattle are grass fed in the early stages of their lives, but the difference is how they're finished, how they're brought to slaughter weight." While other ranches may have to send their cattle to a state-run or other processing plant (read: feedlot), AZGRB is able to finish and fabricate their beef at their own boutique-sized plant under the watchful eye of a USDA inspector.

Having a USDA inspected plant comes with a number of benefits, Petersen explained, including the ability to conduct random tests for antibiotic residue and hormone spikes. These in-house tests have allowed AZGRB to earn third party verification through the American Grassfed Association (AGA). AZGRB also requires affiliate ranches to be AGA verified as well. These certifications give consumers peace of mind.

"It means accountability," said Petersen. "We're held accountable by a third party outside of our operation that confirms the claims we're making are true claims, and true to the standards of the grass fed revolution."

Another benefit to having their own USDA plant is that AZGRB can keep their costs down, which translates into a more affordable product for you and me. "We want to allow everyone who wants to eat healthy to do so," said Greg Bernett.

Though the processing plant is capable of producing enough beef to supply grocery stores and restaurant chains, it is small enough to ensure that absolute care is taken with each and every head of cattle.

Deborah Bernett, co-owner and "Chief of Beef" explained, "We are concerned about how the cattle are treated. There are many documented reasons why the treatment is important. Not only for the cow and for consciousness, but the flavor and tenderness of the beef is dramatically affected, also. If you want to be a real beef connoisseur, this is a big

piece of the puzzle." And how is the taste? "Phenomenal," exclaimed Greg Bernett.

On other matters of sustainability, AZGRB is a total heartthrob. Cattle are managed on horseback, lands are free of pesticides and GMOs, and energy is drawn from windmills and solar power systems. As for the beef itself, very little of the animal is wasted. Nearly all bones, tendons and ligaments are brewed at their own commercial kitchen with organic vegetables to make another AZGRB product, their nutrient dense bone broth. AZGRB also plans to make organ meats (popular among Paleo-eaters) available for purchase online soon.

Right now, AZGRB bone broth and ground beef is available for purchase online and at Natural Grocers. Online, Arizona residents can order a quarter, a half, or a whole beef, which is delivered overnight to your doorstep by the company's own trucks.

"We're just starting," said Greg Bernett. "And we really want to make a connection with Arizona," meaning Arizona grocers, Arizona restaurants, and Arizona families.

It's undeniable that we now have a crush on Arizona Grass Raised Beef Company, but we suspect it might turn into a lifelong love affair.



For more information and to place your own beef order, visit azgrassraisedbeef.com

Stephanie Funk is a recent Arizona State University graduate with a degree in Creative Writing. She lives in Mesa with her husband and Yorkie pup.

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NEW ROADS FOR OLD CAR PARTS

BY DAVID M. BROWN

Your car or truck may be totaled, but its value totals up in reusable auto parts, scrap metals and other interesting recyclable commodities. Did you know that almost 80 percent of today's vehicles can be recycled?

"Recycling has changed in so many ways in recent years," said Mike Pierson, president of the Arizona Auto Recyclers Association (AARA) and Arizona Auto Parts, the state's largest family owned auto parts recycling business. "There is an end-user for almost every part of the automobile, from used oil to plastic and tires. It's getting recycled and put back to use."

METALS AND FLUIDS AND TIRES: OH, MY!

Arizona Auto Parts ensures that as many vehicle products as possible are recycled by working closely with local vendors. Metal, which composes about half of today's cars in total body weight, is either sold as parts to consumers and businesses – for example, generators, axle assemblies, body panels – or crushed and sold by volume to recycling companies.

"Every part on the car that is metal is recycled," said Brent A. Sapergia, a buyer with SA Recycling in Phoenix. The primary recovered metals are steel, aluminum and copper. "We only sell our recyclable metals to mills that melt them down and then manufacture new materials," said Sapergia.

The steel products are made into rebar, wire and rolled steel coils. Nonferrous metals (metals that do not have iron content) are shipped domestically and internationally and are made into numerous products.

Also in Phoenix, SRC Oil & Fuel collects used oil, oil filters, used antifreeze and oily water from automotive wrecking yards, quick lubes, car dealerships, industrial companies, farms and any repair shop that generates these products. In Arizona, approximately 18,000,000 gallons of used oil is generated annually, explains Michael Chirumbolo, the company's chief operating officer. Additionally, just a single gallon of used oil improperly disposed of can contaminate 250,000 gallons of water.

Arizona doesn't have a true refinery for re-refining petroleum products. The most optimal long-term plan would be taking the used oil into a refinery to be re-refined into a recyclable motor oil or diesel fuel. "But until Arizona permits this type of refinery, the only other option for this used oil is for it to be reprocessed as a burner fuel, and that's what SRC Oil & Fuel does," Chirumbolo said.

"So much has changed since the late '80s with how the wrecking yards like Arizona Auto Parts dispose of all these products," said Chirumbolo. "Arizona Auto Parts has been a leader and on top of used-oil recycling. And, most importantly, they work with the industry and community on the education element for recycling within their industry."

LOTS OF WARE YET IN THOSE TIRES

The tires that Arizona Auto Parts and other wrecking yards decide not to resell to consumers are recycled into crumb rubber, the coffee-ground-like product of shredding and grinding up old tires that is later mixed with hot liquid asphalt and aggregate to create rubberized asphalt. Crumb rubber is used primarily in asphalt applications and as artificial turf infill to give surfaces more resilience. The product is also found on playgrounds, in landscaping, and in rubber molded products.



Tom Kirberg is the site manager at the Pull-n-Save in Glendale, a new shop concept with a convenience store and fast food restaurant.

CRM processes almost all of the recycled tires in the state and is a member of Phoenix's Rubber Pavements Association (RPA), a nonprofit trade association that promotes using crumb rubber derived from scrap tires to construct long-lasting, high-performing roads.

"We guess that about two to three million tires in Arizona go into pavements each year," says Mark Belshe, P.E., executive director for RPA. California uses the most of any state, he adds, perhaps eight to 10 million tires annually for roads.

The Arizona Department of Transportation (ADOT), through work done by its paving contractors, has been using rubberized asphalt as



Ken Hardison, left, and Mike Pierson, Arizona Auto Parts.

a driving-surface layer on many state highway projects for decades, recycling an estimated 10,000-plus tires for every mile of rubberized asphalt overlay on an urban freeway.

"The primary benefits along busier and wider urban freeways are tire-noise reduction by a noticeable average of four decibels, as well as a smooth ride," said Doug Nintzel, ADOT spokesman. This fall, in fact, some rubberized asphalt paving will be taking place as part of widening projects along the Loop 101 and the Loop 202 in the Scottsdale and Mesa areas.

Automobile-parts recycling has evolved greatly since the late 1980s, when spent oil was used as a weed killer and dust suppressant. Still, says Ken Hardison, general manager of Arizona Auto Parts' Buckeye Road location, there is much more that can be done when it comes to recycling plastics, which make up so much of today's lighter – and safer – cars. "With the sophistication of today's recycling industry, I'd expect those processes should be in place very soon," he said.

For more information, visit arizonaautoparts.com, aara.com, rubberpavements.org, crmrubber.com, and scraptirenews.com.

David Brown is a Valley-based freelance writer and can be reached at azwriter.com.

Photos by Rick Carter.

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"OUR FUTURE IS ON THE LINE"

BUILDING COMMUNITY THROUGH TRANSPORTATION

BY TERRY BENELLI

The Valley is in the throes of a much-needed change in its growth and development pattern. A focus on the inner core is creating sustainable communities and healthy living choices for everyone, regardless of income, age and abilities. The shift away from sprawling, vehicle-centric development gives hope for improving intractable issues such as traffic congestion, air quality, affordable housing and equal access to work and education centers.

Local Initiatives Support Corporation (LISC) Phoenix's transit-oriented development initiative (TOD), "Our Future is on the Line," bolsters sustainable and equitable development created by the Valley Metro light-rail system. TOD reduces transportation costs and encourages healthful lifestyles and healthy community design.

In August, LISC Phoenix and Raza Development Fund added $30 million to the Sustainable Communities Fund. The nonprofits created the fund in 2011 with an initial investment of $20 million to support TOD in areas considered too risky for private investment. The Newton commercial site in Phoenix; Gracie's Village, a mixed-used development in Tempe; and Encore, a senior apartment building in downtown Mesa, were made possible because of seed money from the fund.



John Graham, president of Sunbelt Holdings and the featured guest of the LISC Phoenix annual breakfast on November 18, believes development opportunities near the light-rail line are too big to ignore. After more than 30 years as a traditional, suburban master-planned community developer, Sunbelt Holdings now focuses on major TOD projects, including the two-million-square-foot State Farm headquarters in Tempe and the 149-unit Portland on the Park condo complex in downtown Phoenix.

The rightful focus on urban core development to meet the growing, diverse needs of Valley residents who want opportunities to live, work and play in connected neighborhoods requires changes to the built environment. How we move people and products matters.

The Complete Streets initiative in Phoenix recognizes the value of making thoroughfares safe, accessible and inviting to all users, not just motorists. Design features and amenities – narrower streets, shade, bike lanes and street furniture – encourage residential and business infill projects, which lead to a better quality of life and economic vitality.

LISC Phoenix believes community commitment to comprehensive transit-oriented development and complete streets strategies helps build the sustainable, livable communities that are healthy for people, businesses and the environment.

For more information, visit lisc.org/phoenix.

Terry Benelli is executive director of the Phoenix office of Local Initiatives Support Corporation (LISC).

Read more urban development articles at greenlivingaz.com/urban

BRINGING HOME THE BACON:
SUSTAINABLE PORK FARMING IN ARIZONA

BY ALLISON BISHOP

In late 2012, Perry and Brenda Hunsaker were looking for something new to help supplement income on their in-laws' dairy farm. Both especially passionate about food, the couple were drawn to the idea of raising quality meat they could sell to local restaurants.

A Google search for Wagyu Cattle, one of the most sought-after cattle breeds producing a high-end cut of meat, led to unlikely results: Mangalitsa pigs, an Austro-Hungarian pig breed dubbed the Wagyu or Kobe beef of pork.

While Perry Hunsaker had raised domestic pig breeds for show, he was initially resistant. "I wasn't really interested in being a pig farmer," he explained. A few months later, however, the couple brought home six Mangalitsa sows and three boars, and AZ Fine Swine was born.

The Mangalitsa breed first thrived in Austria and Hungary from 1830 to World War I. Under communist rule, Mangalitsas were phased out in favor of breeds that matured faster and produced leaner cuts of meat. At the fall of the Berlin Wall, the breed was nearly extinct until a Hungarian geneticist set out to restore the succulent breed. U.S. farms have only housed Mangalitsas within the last decade.

Aside from their spirally, woolly hair (which can bear resemblance to the curly coif of Little Orphan Annie), the Mangalitsas are most unique because of their fatty, marbled meat. Part of that is genetics, but it's also due to diet.

Most industrial-bred pigs, descendents of Berkshire, Duroc, Hampshire and other breeds, produce leaner cuts of meat. These pigs are typically fed diets heavy in corn and soy, which fast-track pigs to a size ready for harvesting. Typically, that happens around six months old.

But the AZ Fine Swine Mangalitsas, who dine on a blend of organic garbanzo beans and spent grains from local breweries, aren't considered ready for harvest until around a year old when the pigs reach 250 to 300 pounds. That diet, coupled with genetics and maturity, produce a much more succulent and robust flavor that Brenda Hunsaker describes as buttery, comparable to a ribeye steak.

And this taste has captured the attention of some elite Arizona restaurants. The cuts are a staple on menus at Quiessence at the Farm, Wilderness Brewery, and Binkley's in Cave Creek, and the rendered fat from the pigs is a key ingredient for Benny Blanco's tortillas in Gilbert.

What inspires the Hunsakers the most is the sustainability of the process: by-product from local breweries help nourish the pigs, and restaurants butcher and use every part of the pig. "It's important to us that nothing goes to waste," said Brenda.

In the future, the Hunsakers plan to make the process even more sustainable. The couple already has dairy goats on the farm, but their aspiration is to begin making goat cheese and adding the whey to the pigs' feed. According to Brenda, the whey is not only nutritious, but will make the meat even more tender.

For now, they continue to sell pigs based on restaurant requests, as well as weekly appearances at the farmers markets in Gilbert and Singh Farms in Scottsdale where customers can buy bacon, sausage, chops and other cuts.

For more information, visit azfineswine.com.

Allison Bishop is a freelance writer and public relations professional currently based in Scottsdale. Her passion for sustainability is fueled by her childhood in Lancaster, Pennsylvania, where many of her neighbors were multi-generational farmers or members of the Amish community.

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DID YOU KNOW?
The White House announced new commitments from companies from across the American economy who are joining the American Business Act on Climate Pledge. Read more at: greenlivingaz.com/climate-pledge

THE GREEN POPE

BY ANTON G. CAMAROTA, PHD

One of the most potentially significant environmental books written recently was not authored by an environmental scientist or an environmental advocacy organization, but by Pope Francis of the Catholic Church. The book, entitled "Praise Be to You: On Care For Our Common Home," challenges us to regard the Earth not as a resource to be exploited for personal gain, but as a gift from God to be passed on in order to ensure the survival of future generations of all life. The Pope opines that "because all creatures are connected, each must be cherished with love and respect, for all of us as living creatures are dependent on one another."

In his approach to defining a morally based ecological responsibility, Pope Francis asks the reader to abandon a self-absorbed attitude and a "culture of waste" based on greed, both of which drive consumption of material goods in a useless attempt to achieve true happiness. He states that "the emptier a person's heart is, the more he or she needs things to buy, own and consume," and that "a world of exacerbated consumption is at the same time a world which mistreats life in all its forms."

He excoriates us for viewing the world through the "undifferentiated and one-dimensional paradigm" of neoliberal economics. This worldview has enabled humans to wield almost unimaginable power but has not been accompanied by a set of values that would enable us to use that power wisely. He notes that "there is a growing awareness that scientific and technological progress cannot be equated with the progress of humanity and history, and a growing sense that the way to a better future lies elsewhere."

As part of his morally based solution, Pope Francis redefines the biblical term of dominion to mean both responsible stewardship and "respect for the integrity of creation." He sees the natural world not as something separate from us or a mere setting in which we live, but as a core part of who we are as humans, and with which we are in constant interaction, direct relationship and "universal communion."



He also links social and ecological problems when he states that "the mindset which leaves no room for sincere concern for the environment is the same mindset which lacks concern for the most vulnerable members of society."

According to the Pope, our ecological problems can be solved by implementing the principle of the common good, and moving beyond self-centeredness. This principle, stated simply, is that each person should work towards creating "those conditions of social life which allow social groups and their individual members thorough and ready access to their own fulfillment." Through education, we can experience a change of heart and realize that "the full meaning of individual and collective life is found in selfless service to others and in the sage and respectful use of creation for the common good."

Pope Francis entreats us to support the essential dignity of the Earth's living beings, and to redefine our notion of progress to include quality of life as a core concern. He states that we must "regain the conviction that we need one another, that we have a shared responsibility for others, and that being good and decent are worth it." A challenging call to environmental action indeed!

Dr. Camarota is Executive Director of Tellari, an Arizona-based research and educational organization dedicated to helping business leaders build sustainable companies. anton@tellari.com, tellari.com

Top photo by Alfredo Borba; bottom photo courtesy of Korean Culture and Information Service, Jeon Han.

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ECO-ENTERTAINING EXPERT SECRETS TO SUSTAINABLE HOSPITALITY

BY MOLLY ROSENBAUM

With the holiday season upon us, perhaps you'd like to organize a soiree. It's the time we naturally count our blessings; but beyond home cooking, family photos, weekends, puppy kisses and love notes, it's a great time to remember the bounty of Mother Earth's blessings. Perhaps the greatest gift we can give this season is to host an eco-friendly event.

Event planners and caterers have a dirty little secret: entertaining leaves a challenging carbon footprint. Luckily, there are local event companies who are aware of this problem and who seek to run their businesses as responsibly as possible. Amici Catering in Phoenix believes transparency is a gift, and they have graciously shared some of their green "best practices" and sources, so that even a newbie party host can entertain consciously.

WASTE DIVERSION:

- Composting and recycling are a must, but many people are not clear on how to get started. Enlisting a "Trash Ambassador" helps direct the flow. Generally speaking, Phoenicians are at the beginning of the compost learning curve, so it is a great idea to have staff or volunteers available to help.
- China and cloth are best – we love Event Rents and Specialty Textiles – but if you decide to use disposable ware, fear not! Gone are the days of boring compostables. There are many design-stamped compostable plates and napkins to match any décor.
- Guests will use an average of 3-4 disposable glasses each! Yikes! Help minimize waste by labeling glasses with chalkboard stickers or stem charms.

LOCAL SOURCING:

- Use local ingredients whenever possible. If your skillset (or calendar) doesn't include cooking, don't fret. Catering companies like Amici don't just feed local, they buy local (it's a long list) and 98 percent of their products are prepared in-house.
- Support the small guys! Turn to beer growlers or baked goods from local businesses like Bertha's Café.

MENU PLANNING/PURCHASING:

How much do you need? There's a fine balance between over buying and running out of Thanksgiving turkey. Two of the trickiest areas where this is a concern are hors d'oeuvres and beverages. At an appetizer party, guests generally consume 4-6 appetizers the first hour, and 2-3 each hour afterwards. For drinks, the rule is two drinks the first hour and one each hour afterwards.

CREATIVE DÉCOR:



You don't have to be Martha Stewart to create fabulous green décor. A simple cluster of similar items you already have, arranged with beeswax candles and greenery from your yard, is always stunning. Consider an edible centerpiece – a wooden box or basket filled with various fruit, bread or crackers, and beautiful bowls filled with dipping sauces flanked by potted herbs (that will end up in your garden, post-party). A display of coordinating wine bottles with dripping candles is always striking.

OUR BEST PIECE OF ADVICE:

Consider a local caterer! Regardless of your event size, companies like Amici Catering will allow you the time to focus on the special touches that will make your guests feel cherished.

For more information, visit amici.catering.

As a passionate yogi with a diverse list of loves, Molly Rosenbaum enjoys nothing more than the opportunity to talk or write about veggies, philosophy, astrology, yoga, great food, culinary trends and sustainable living. Open to all life has to offer, she can be reached at molly@amici.catering.

Find more entertainment articles at greenlivingaz.com/entertainment

THE RAVEN CAFE

PRESCOTT'S ECO-FRIENDLY NEIGHBORHOOD HUB

BY MEGAN KIZER

When you walk into The Raven Cafe in Prescott, you expect to see a quaint little place where you can sit, sip your coffee, and work. But it's so much more. This cafe is community oriented and earth friendly, giving back in as many ways as it can.

The Raven Cafe is currently under the management of Randall Morrow, who was eager to get back to eco-friendly and sustainable practices. "I grew up in the central valley in California with produce everywhere, where you can literally get a salad that's still warm from the field," he said. "That was something I missed when I first came to Arizona." Morrow was thrilled to manage The Raven Cafe, saying, "The vibe The Raven offers is different from any other place I've ever been. It's relaxing, exciting and fun all at the same time."

The Raven focuses on sustainable practices in as many ways as possible. "We're doing our best to eliminate everything we can that is not organic," Morrow said. Most of their products are recyclable, their cups are corn-based, even their toilet paper is made from 80 percent post-consumer recycled content. The cafe's vegetable cuttings become stock that is used for soup. Cleaners, soaps and sanitizers utilized throughout the cafe are all organic-based. They try to use as little electricity as possible, utilizing mainly skylights and LED lights where they can.

The Raven Cafe has plans to further sustainable practices. Soon, a composting bin will turn trash into treasure for their organic rooftop garden. Water usage will be reduced by switching out the dishwashing system to one that uses less water, and by the installation of low-flow toilets and water-free urinals, which will save hundreds of gallons of water each year. They also hope to reuse water by reconstructing the rooftop to harvest rainwater for the garden.

Finally, the cafe's menu will be spruced up to reflect their support of organic and local food and beverages. Beer offerings include taps from local and smaller breweries. The wineries they buy from are mainly local as well, including one that plants a tree every time The Raven buys from them. The coffee they offer is either single-sourced, fair-trade certified, or from companies that buy directly from the farmers. They cook with food grown by local farmers and always buy grass-fed beef.

Community is also a strong focus at The Raven. It's common to see fundraising events at the cafe, in addition to nightly local musical talent and rotated artwork by Prescott's many diverse artists. Movies are played Monday nights, where the community can come in and socialize while an old film plays on a big screen.

Morrow says the cafe's patrons are an eclectic mix, but they get along so well. "We're a coffee house in the morning, where people come in with their laptops and do their work. And then lunch hits and we become a restaurant, and then nighttime is the bar scene. For us, there's no 'group;' all kinds of people come in here. That's the dynamic that the owner wanted, and that's what we're turning into."

Visit ravencafe.com to check out their upcoming plans and events.

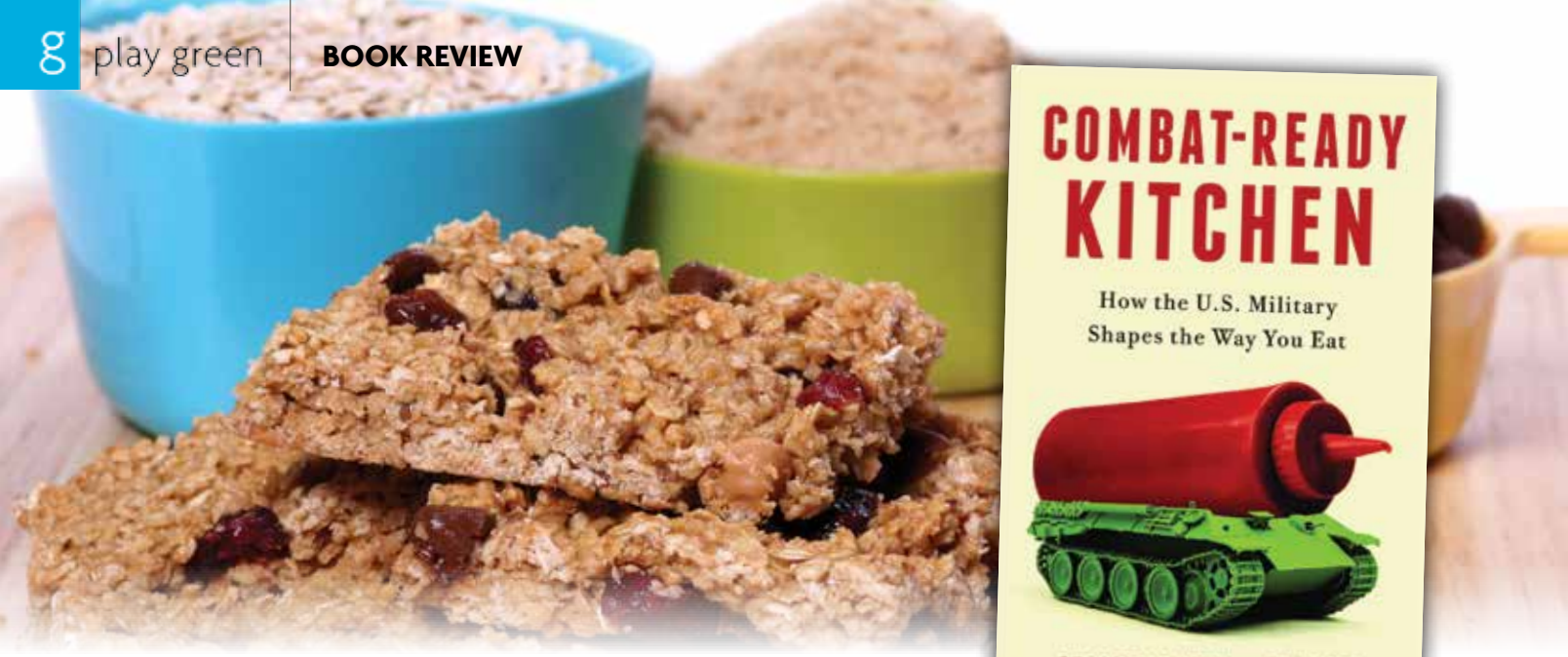
Megan Kizer is currently a senior at Arizona State University earning a BA in English through the New College of Interdisciplinary Arts and Sciences. She is also earning a certificate in writing for publishing and editing.

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BOOK REVIEW: COMBAT-READY KITCHEN

BOOK BY ANASTACIA MARX DE SALCEDO
REVIEW BY TERRI SCHLICHENMEYER

You are hungry. It's been a long time since you've eaten and you're ready to recruit the family, march to the oven, draft a couple recipes, and attack your plate. And whatever it is you choose to chow on, you can bet the U.S. military had a hand in it, as you'll learn in "Combat-Ready Kitchen" by Anastacia Marx de Salcedo.

What's inside the food you eat? As a "passionate home cook" who devoured cookbooks "like novels," Marx de Salcedo wondered. With two school-aged children, she naturally wanted to feed them the most nutritious breakfasts and pack them the healthiest lunches possible – but while doing some research, she was handed "an unpleasant surprise."


Anastacia Marx de Salcedo

It should come as no big news that the U.S. military has a lot of mouths to feed. In order to do that, an entire department has been toiling for decades to create meals that are nutritious but efficient. What Marx de Salcedo learned was that the government's methods for making those meals have affected what goes on your table.

Thanks to the military, for instance, we consume granola bars (meant to give soldiers an easily toted energy boost) by the ton. We know what foods remain tasty, packed (and stored for years) in tin cans. We enjoy freeze-dried produce at breakfast, but not on our sandwiches; researchers tried to freeze-dry meat, but soldiers hated it.

Our bread, chips, snacks, "practically every bag, box, can, bottle, jar, and carton we buy" has been tinkered with by the U.S. military because it needs commercial food producers to be ready and able to ramp up production quickly in times of war. In other words, says Marx de Salcedo, you and your children are "chowing down like special ops," just in case. And that, she believes, isn't the healthiest idea we've ever deployed.

What author Anastacia Marx de Salcedo shares is rather disturbing but surprisingly… not surprising. Using that conundrum, Marx de Salcedo takes readers back to ancient times, helpfully explaining how the feeding of Roman troops has evolved into the grab-and-go we enlist at home. In describing somewhat of a historical timeline mixed with an untangling of modern technology, Marx de Salcedo eventually leads us to her conclusion of why military messing, even though it's almost necessary, isn't good for civilians – and then she peeks into the future.

Be aware that this book is filled with everything you forgot from high school science class, and it's a mess of acronyms. My advice, therefore – especially if you love to eat and like to know where your food comes from – is to try "Combat-Ready Kitchen," but take it in small bites.

Terri Schlichenmeyer, also known as "The Bookworm," is a professional book reviewer. Terri has been reading since she was three years old, and she never goes anywhere without a book. She lives in Wisconsin with her two dogs and 14,000 books.

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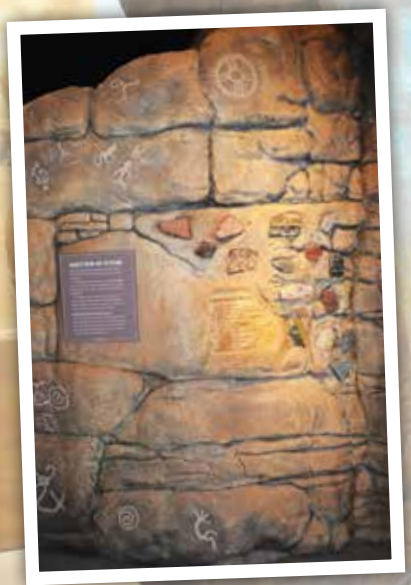
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RIVER OF TIME MUSEUM FLOWS BACK TO ITS ROOTS







BY LAUREN GRIFFIN

Located in the heart of Fountain Hills is the River of Time Museum, a nonprofit establishment dedicated to the Verde River and its surrounding communities. The museum opened in 2003 and has since been growing and accumulating artifacts to share with visitors.

Currently, the museum board and partners are in the process of curating its newest and perhaps most anticipated transformation yet. Due to reopen December 5 of this year, in congruence with Fountain Hills Incorporation Day, the unveiling will reveal new interactive installations with a focus on water as an essential resource. Luke Bate, executive director at the museum, gave us a sneak peek into the upcoming renovations and installments.

Bate explained the inspiration for the exhibit enhancements and the mission for the museum as a resource for the Fountain Hills, Fort McDowell Yavapai Nation, and Rio Verde communities: "When the Fountain Hills and Lower Verde River Valley Historical Society conceived of this place, they determined that the river would be the continuity. That would be the piece that ties all of the different historical events and elements together. So from the beginning, water was supposed to be the important element," as well as the ways in which the communities have and continue to interact with it.

"That's the founding mission of the River of Time Museum," said Bate.

The renovation is partially funded through grants and partnerships with organizations like SRP, EPCOR, and the Central Arizona Project (CAP) with the goal of educating museum patrons about the importance of water to life in our desert region. The entrance to the museum will feature a scaled-down model of the famous Fountain Hills fountain.



The new CAP exhibit will have a water pump installation that will allow guests to use their strength to simulate the pumping of river water up a mountain in order to be disbursed to communities. EPCOR will have an exhibit to demonstrate a water meter and other tools for the sustainability of water as a community resource. These new interactive areas will join the updated archeological, geological and mining exhibits. There will even be a tactile pottery station where guests can touch actual pieces of native relics.

"We're still developing our water piece, and we want to make sure we're connecting to the other pieces and showing how we're focusing on community sustainability," explained Bate. "It's about the sustainability of these three communities in a historic sense, in a current day sense, and as we're looking forward into the future. That's going to be a key factor when we launch our new mission and new museum."

The River of Time dinner discussion series will be hosting an event from 6:00 p.m. to 9:00 p.m. on November 17. Held in the Fountain Hills Community Center, the meal will be open to the public and feature a presentation by EPCOR.

Visit the River of Time Museum's website at rotmuseum.org for more information.

Lauren Griffin is currently enrolled in her senior year at the Hugh Downs School of Human Communication at Arizona State University. She is studying to earn a bachelor of science in communication.

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HOPI SILVER OVERLAY
A TRADITION OF *Old and New*



BY JASMINE BARBER-WINTER

Hopi history and archaeologists agree that a distinct ancestral Hopi population has occupied the Colorado Plateau for millennia. Today, the Hopi people live in a set of 12 villages in the mesa country of northern Arizona. The Hopi have lived in their mesa homeland for centuries, and although their culture is changing, their core values remain intact and central to their culture. Their arts and cultural traditions continue to evolve and influence cultures worldwide.

Among the Hopi, traditional designs reflect an iconography that has evolved through centuries of expression in Puebloan ceramics, basketry, textiles, painting and rock art. Perhaps the most unique form of art created in the Hopi pueblos is silver overlay jewelry. Balance coupled with repetition, so characteristic of Hopi art, is seen throughout Hopi silverwork.

While often decorated with motifs that harken to ancient Puebloan artistic traditions, the medium itself is a contemporary innovation. Silver overlay jewelry was introduced to the Hopi in the late 1930s through a project initiated by Museum of Northern Arizona co-founder Mary-Russell Ferrell Colton and MNA Curator of Art Virgil Hubert. Their goal was to promote a commercially sought-after jewelry style that would be uniquely Hopi. Hubert drew preliminary designs for the technique based on traditional Hopi pottery and basketry designs.

With the overlay technique, a design is cut out of a top sheet of silver which is then soldered to a second piece of the same size and shape. Next the entire work is oxidized (tarnished), which darkens the silver. The process is completed by buffing the top layer, removing the tarnish, so that only the lower sheet remains dark. The result is a piece that appears to have been created from a single piece of silver.

Following World War II, Hopi artists Paul Saufkie and Fred Kabotie started classes utilizing this technique at the



Mary-Russell Ferrell Colton's love affair with Hopi artistry began on her honeymoon with Harold Colton in the mid 1910s. The newlyweds traveled across the Southwest in the weeks after their marriage and would make many return trips in the following years until permanently settling in Flagstaff in 1926. In addition to co-founding the Museum of Northern Arizona in 1928, Mary-Russell played a key role in the revival of Hopi art forms by acting as a friend, benefactor and errand-runner for budding talents, and further supported these artists by creating the Hopi Marketplace at the Museum. Eighty-two years later, the same annual event, now a Fourth of July tradition, is known by a different name: the Hopi Festival of Arts & Culture.

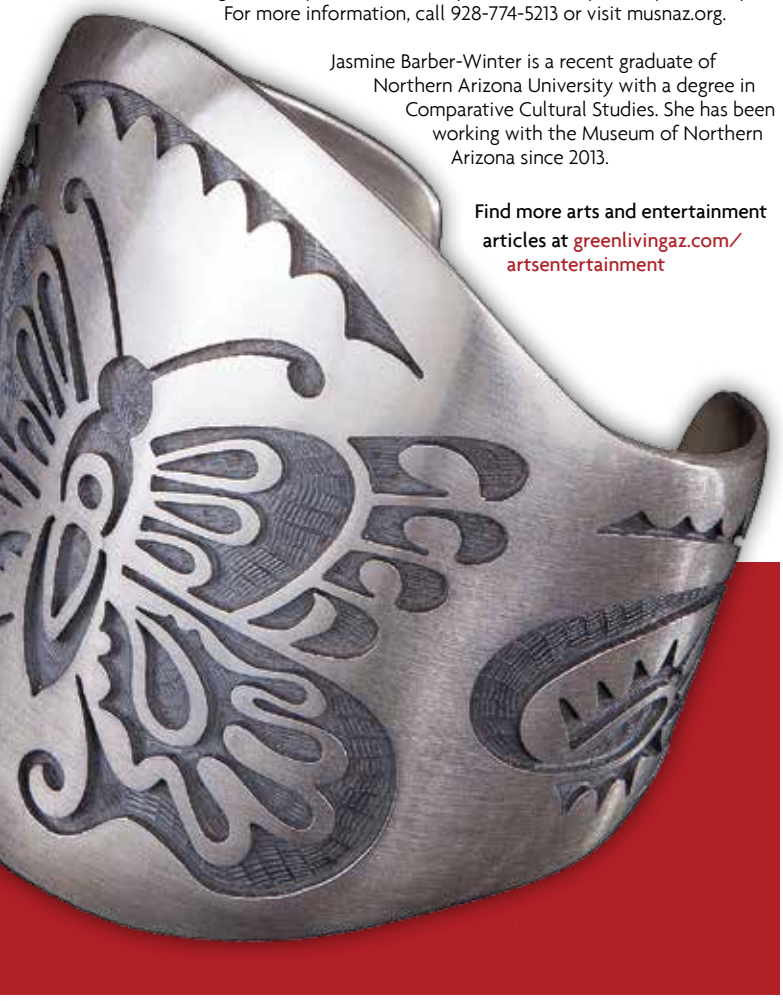


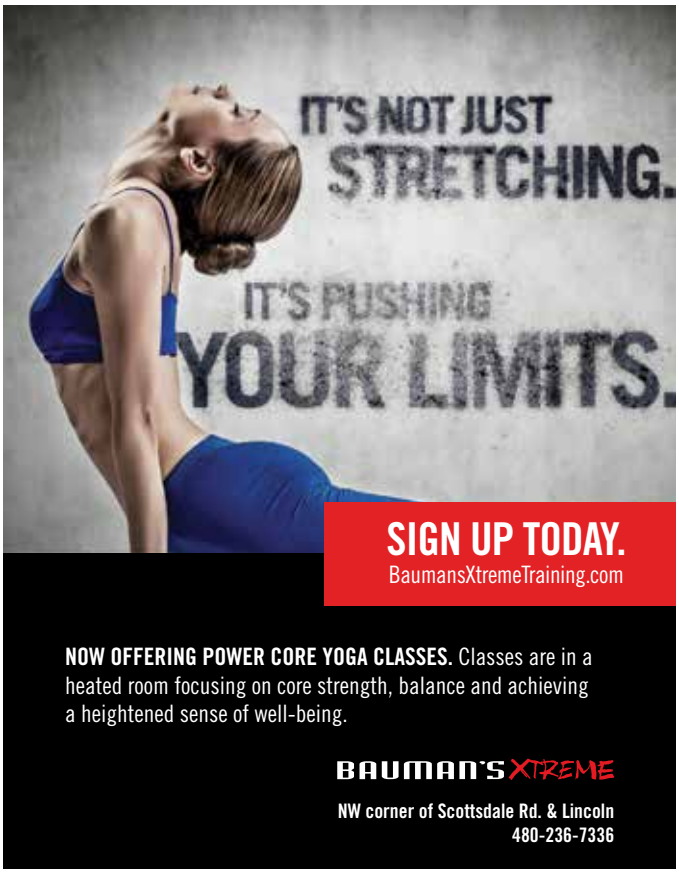
Hopi Arts and Crafts Guild on the Hopi reservation for returning Hopi veterans. From that initiative, a number of Hopi silversmiths took up this technique and made it their own. Today, the Museum of Northern Arizona continues its relationship with the Hopi. In 2014, a partnership was established with the National Museum of Ethnology (Minpaku) in Osaka, Japan, with the goal of leading a global initiative to improve the depth, quality and authenticity of museums' information about their ethnographic collections and the communities from which they come.

The Museum of Northern Arizona is open seven days per week: Monday through Saturday, 10:00 a.m.-5:00 p.m., and Sunday, 12:00 p.m.-5:00 p.m. For more information, call 928-774-5213 or visit musnaz.org.

Jasmine Barber-Winter is a recent graduate of Northern Arizona University with a degree in Comparative Cultural Studies. She has been working with the Museum of Northern Arizona since 2013.

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RECIPES FOR THE VEGAN ROSEMARY SCALLOPED POTATOES

This vegan recipe is a perfect addition to your Thanksgiving spread! Courtesy of Sharon Hess, owner of Expressions Cakery by Sharon in Tucson.

INGREDIENTS

4 medium potatoes
4 Tbsps vegetable broth
4 Tbsps flour
1 tsp garlic powder
1/2 tsp dried rosemary
1/2 tsp sea salt
1/2 tsp apple cider vinegar
1/4 tsp pure maple syrup
3/4 tsp dry mustard
1/2 tsp dried Herbes de Provence
1 tsp seasoning salt
2 cups unsweetened almond milk
1 1/2 cups Daiya (soy-free) Cheddar Style Shreds (or your favorite vegan cheese)
ground paprika for sprinkling

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Wash and peel potatoes, cut in half widthwise, then boil in a saucepan for 10-15 minutes or just until fork tender.
3. On a cutting board, slice potatoes lengthwise, then into thin slices.
4. Spray an 8 x 8 inch oven-safe glass dish with canola oil cooking spray.
5. Place the potatoes into the dish in four neat rows, or place them randomly if preferred.
6. Begin sauce preparation by whisking the flour into simmering vegetable broth for a few seconds, until a ball of dough-like paste forms.
7. Slowly whisk in the almond milk, then simmer the mixture until it thickens (about 10 minutes). While simmering and thickening, add in all other ingredients except cheese, paprika and garnishes.
8. Add the cheese to the thickened sauce, whisking until sauce is hot again and cheese is melted.
9. Pour the sauce over the potatoes, then sprinkle paprika on top.
10. Bake for 25 minutes or until the sauce is bubbly.
11. Serve potatoes warm, garnished with very thinly sliced green pimiento olives or minced fresh cilantro, if desired.

VEGAN SQUASH PIE

This delicious vegan squash pie from True Food Kitchen is so good you won't even miss the pumpkin! Make it at home or stop by the restaurant to pick up a freshly made pie for Thanksgiving. Pre-orders start November 13 and will be available for pick-up November 24 and 25 for $18.00.

INGREDIENTS:

CRUST (FOR 2, 9-INCH PIES):

2 packages vegan graham crackers, pulverized
4 Tbsp sesame tahini
5 Tbsp maple syrup
1 Tbsp water
1 Tbsp grapeseed oil

FILLING:

6 cups pureed squash
1 cup sugar (half light brown, half white)
1-1/8 tsp salt
3/4 tsp ground ginger
3/8 tsp ground cloves
1-1/2 tsp cinnamon
4 Tbsp brandy
1-1/2 cup coconut milk
4-1/2 Tbsp arrowroot powder
Dash of nutmeg, if desired

DIRECTIONS:

FOR CRUST:

1. Blend all ingredients until well combined.
2. Press crust into pan and up sides.
3. Bake crust for 15 minutes at 325 degrees until dry and crisp.

THANKSGIVING TABLE

BRUSSELS SPROUTS WITH CANDIED WALNUTS, APPLES AND HONEY

This fun, healthy Brussels sprouts recipe from Lucia Schnitzer, owner of Luci's Healthy Marketplace, is the perfect fresh and a delicious side dish for Thanksgiving. Paired with candied walnuts, apples and honey, this recipe is sure to wow your friends and family this holiday season.

INGREDIENTS

FOR THE BRUSSELS SPROUTS:

1 pound (about 2 cups) Brussels sprouts, halved
½ Granny Smith apple, peeled and cut into ¼-inch cubes
1 Tbsp olive oil
1 tsp butter
1 tsp salt
Juice of half a lemon

FOR THE CANDIED WALNUTS:

¼ cup walnut halves
1 Tbsp butter
1 tsp salt
2 Tbsp honey
1 sprig of rosemary, leaves removed and roughly chopped

DIRECTIONS

FOR THE WALNUTS:

1. Melt the butter in a sauté pan over low heat. Add the walnuts and stir frequently for 3-4 minutes. Once they start to brown, add the rosemary and cook for 30 seconds.
2. Turn off the heat and add the honey and salt. Stir to combine and set aside to cool.

FOR THE BRUSSELS SPROUTS:

1. Heat the olive oil in a large sauté pan over medium heat. Add the sprouts and roast until starting to brown, stirring frequently, for 5-7 minutes.
2. Add the teaspoon of butter and the diced apple. Season with salt. Cook another 3-5 minutes. The sprouts and apples should be tender but not too soft.
3. Add the candied walnuts and juice of half a lemon. Drizzle with a little extra honey if you like it a bit on the sweeter side. The flavor should be a little salty, a little sweet and balanced with the lemon.

FOR FILLING:

1. Choose a favorite winter squash (butternut, buttercup, Hubbard, Tahitian, etc.).
2. Bake whole at 375 degrees until soft enough to pierce easily with a toothpick.
3. Cool, cut in half, remove seeds and scoop out flesh.
4. Mash and measure out 6 cups.
5. Blend filling ingredients well in mixer and pour into crusts.
6. Bake at 400 degrees for 50-60 minutes until browned and set.
7. Cool. Chill overnight in refrigerator.
8. Serve cold or cool with non-dairy whipped cream, if desired.

For more recipes, visit
greenlivingaz.com/recipes



GREEN SCENES

NOVEMBER CALENDAR OF EVENTS



11/4 Green Living Launch Party



11/14 Lung Force Walk



11/14 Certified Local Fall Festival

CENTRAL ARIZONA

November 4

GREEN LIVING LAUNCH PARTY
5:30 p.m.-7:30 p.m.
Maison de Coeur
6121 E. Orchid Ln., Paradise Valley
Join *Green Living* magazine at the beautiful Maison de Coeur, a $7.8 million luxury green home, and help us celebrate the release of our November issue. Meet and mingle with like-minded people in the green industry and enter to win eco-friendly prizes while enjoying appetizers and drinks from local vendors. The event is $10.00 prepaid/$15.00 at the door.
greenlivingaz.com/party

November 7

ACT ON CLIMATE ARIZONA
9:00 a.m.-11:00 a.m.
Civic Space Park
424 N. Central Ave., Phoenix
Join a diverse group of faith-based and environmental organizations, social justice advocates, business owners, and academic and municipal leaders to send an urgent message in preparation of the Paris Climate Talks to act on climate.
greenlivingaz.com/act-on-climate

November 10

SRP SUSTAINABILITY STREET FAIR
11:30 a.m.-1:30 p.m.
SRP Project Administration Building
1521 N. Project Dr., Tempe
SRP encourages its employees to participate in conservation and stewardship at work, home and in the community. Visit the Sustainability Street Fair to peruse local vendors who support sustainability.
srpnet.com

November 14

COMMUNITY DISCOVERY DAY
8:00 a.m.-3:30 p.m.
SCNM Community Commons
2164 E. Broadway Rd., Tempe
The Southwest College of Naturopathic Medicine (SCNM) is hosting an event dedicated to exploring naturopathic medicine. There will be informational presentations on topics such as acupuncture and botanical healing as well as fun activities including yoga classes. The event is free to the public. Breakfast and lunch will be provided.
scnm.edu

November 14

LUNG FORCE WALK
8:00 a.m.
Riverview Park
2100 W. 8th St., Mesa
Lung cancer is the number one cancer killer in the U.S. Join others in making a difference at the LUNG FORCE Walk to help raise much-needed funds for research, advocacy, education and awareness. Participation is free, but all are encouraged to raise a minimum of $100.00 in funds.
greenlivingaz.com/lungforce

November 14

CERTIFIED LOCAL FALL FESTIVAL
10:00 a.m.- 4:00 p.m.
Portland Parkway
10 W. Portland St., Phoenix
The Certified Local Fall Festival is an annual celebration of all things local to Arizona. This free event includes fun for the whole family. Peruse over 100 local vendors and enjoy live entertainment, silent auctions, and food and drink.
localfirstaz.com/fall-festival



11/7 16th Annual Rivers and Reels Fundraiser



11/12 Toast to Tourism Launch Party



11/14-15 46th Annual Lake Havasu Gem and Mineral Show

NORTHERN ARIZONA

November 7

16TH ANNUAL RIVERS AND REELS FUNDRAISER
5:00 p.m.-10:00 p.m.
Coconino Center for the Arts
2300 N. Fort Valley Rd., Flagstaff
This year's Rivers and Reels, put on by Grand Canyon Youth, will include river-themed films, a silent auction and raffle and local food from MIX Flagstaff and Fratelli Pizza. The evening is dedicated to celebrating the impact our youth has on the environment and in their communities. Admission is $15.00 per individual or $40.00 per family.
gcyouth.org

November 12

TOAST TO TOURISM LAUNCH PARTY
6:00 p.m.-8:00 p.m.
Blazin' M Ranch
1875 Mabery Ranch Rd., Cottonwood
The Toast to Tourism launch party will unveil the new Geotourism website, which highlights the spectacular landscapes of north central Arizona. The celebration will mark the partnership between National Geographic and Sedona Verde Valley Tourism Council to promote sustainable tourism. There will be live entertainment, a champagne toast, food, festivities and a keynote speaker. The event is free.
cottonwoodchamberaz.org

November 14-15

46TH ANNUAL LAKE HAVASU GEM AND MINERAL SHOW
Saturday, 9:00 a.m.-5:00 p.m.
Sunday 9:00 a.m.-4:00 p.m.
Lake Havasu Community Center
100 Park Ave., Lake Havasu City
Every year, dozens of dealers travel to Lake Havasu to display their gems, fossils, minerals and handmade jewelry. This family friendly event will have games and prizes for children as well as a raffle and hourly door prizes. Food and beverage will be available. Entry tickets cost $2.00. Children 12 and under get in free.
lakehavasugms.org

BUSINESS EVENTS

November 4

USGBC LUNCH + LEED
11:30 a.m.-1:00 p.m.
Okland Construction
1700 N. McClintock Dr., Tempe
Join the USGBC Arizona chapter to discuss what LEED O+M is, how it differs from other LEED rating systems, and what you need to know for project success. Registration is $10.00 for students, $25.00 for USGBC members, and $30.00 for non-members.
usgbcaz.org

November 6-8

QUANTUM CONSCIOUSNESS CONFERENCE
Times vary
Sedona Creative Life Center
333 Schnebly Hill Rd., Sedona
Quantum Life will be hosting a consciousness conference focused around fine-tuning your health and wellness through state-of-the-art equipment and software. Attendees will meet with quantum energy practitioners who will provide insight to self-healing methods. Prices vary.
quantum-life.com

November 18

ASSIMILATING SUSTAINABILITY INTO PUBLIC SERVICE
8:30 a.m.-4:30 p.m.
Wrigley Hall, Room 102
Arizona State University, Tempe Campus
In this seminar, learn practical applications of sustainability within the context of public service. Facilitators will discuss several community projects and the financing trends that made them possible. Free event, registration required.
schoolofsustainability.asu.edu/events



11/7 Kartchner Caverns 5K Trail Run



11/14 Hot Air Balloon Glow Festival



11/14 Annual Grasslands Fair

SOUTHERN ARIZONA

November 7

KARTCHNER CAVERNS 5K TRAIL RUN
9:30 a.m.
Kartchner Caverns State Park
2980 AZ-90, Benson
Kartchner Caverns' "Guano Happens" 5k run winds through the gorgeous terrain of the Sonoran and Chihuahuan Deserts. There will also be a post-race festival featuring wellness education courses, an awards ceremony, and a presentation about bats, guano and cave preservation efforts. Registration fees vary.
azstateparks.com

November 14

HOT AIR BALLOON GLOW FESTIVAL
4:00 p.m.-9:00 p.m.
Tubac Golf Resort and Spa
1 Avenue de Otero Road, Tubac
Hot air balloons will be lighting up the evening sky during the Glow Festival in gorgeous Tubac. This wildly popular event will have live blues music, local Tucson food truck vendors, and a Kids Zone. Interact with balloon pilots and learn more about these gentle 10-story-high giants. Ticket prices vary.
tubacgolfresort.com

November 14

6TH ANNUAL GRASSLANDS FAIR
10 a.m.-3:30 p.m.
Buenos Aires National Wildlife Refuge, Sasabe
The Buenos Aires National Wildlife Refuge Grassland Fair will feature presentations by scientific experts, educational and craft booths, delicious food, live music, archery lessons, wildlife and more. The event is free.
greenlivingaz.com/grasslands

For more events, visit greenlivingaz.com/events

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HE'S GREEN SHE'S GREEN HOLIDAY CLEANING





Product reviews by our eco-conscious couple John and Jennifer Burkhart

If you happen to be hosting for the holidays, the delicious food is no doubt the focus. But you can't forget the oh-so-fun task of cleaning house and getting rid of those unwelcome visitors – germs! What are some convenient ways to clean house quickly without filling it with toxic chemicals, you ask? Take a look at these five options and see how they fared.



DR. BRONNER'S | SAL SUDS BIODEGRADABLE CLEANER, SPRUCE AND FIR

HE SAID: Eleven dollars for a lifetime supply of biodegradable cleanser, now that's a deal! Just add a little over a teaspoon of this stuff to a gallon of water and you'll have an exorbitant amount of cleanser. It had a pleasant scent and did an adequate job cutting through the gunk. The hardest part was figuring out where to store the other three and a half quarts.

He gave it: g g g g g

SHE SAID: I'd say this is definitely the most economical choice of the products we tried. The basic dilution makes 32 gallons(!), and you can use it to clean anything that can get wet. It cleaned nicely, but I'd make it stronger for tougher jobs and greasy surfaces. The scent reminded me of a Christmas tree or Pine-sol, but thankfully it was much easier on the nasal passages.

She gave it: g g g g g



CLEAN WELL | BOTANICAL DISINFECTANT BATHROOM CLEANER, CITRUS

HE SAID: Thy-y-yme is on my side, yes it is! Thymol (a component of thyme oil) is the active ingredient in this bathroom cleaner. It cut through most of the crud like a hot knife through butter. It required little to no scrubbing to be effective. I wasn't a huge fan of the scent, though. Smelled like a citrus ashtray to me.

He gave it: g g g g g

SHE SAID: The citrus scent was nice as it sat and worked its magic. That's the tricky part though – you have to spray, let it sit, and remember to come back and wipe it clean! It wasn't the best at clearing soap scum, but everything else was history. Simple to use as a disinfectant, too – just spray and walk away.

She gave it: g g g g g



SEVENTH GENERATION | DISINFECTING WIPES, LEMONGRASS CITRUS

HE SAID: If you're parents of a preschooler like us, you'll love the convenience of these throwaway wipes. I pretty much just follow our little germ tornado around the house with these. They're not the most eco-friendly cleaning product, but man are they handy. It also has Thymol in it, which just smells gross to me. Maybe I'm weird.

He gave it: g g g g g

SHE SAID: These wipes were great for the doorknobs, bathroom and kitchen – and may even blend with the cooking smells as they smell like thyme! The wipes were strong, large-sized, and got sudsy for extra cleaning. The perfect germ-killing convenience cleaner.

She gave it: g g g g g



BETTER LIFE | ALL-PURPOSE CLEANER, CLARY SAGE & CITRUS

HE SAID: Amazing product! I was doing a little research on this cleaner and stumbled on the "Shark Tank" episode where the creator demonstrated how safe it is by spraying it into his mouth. Totally blew my mind. It did a better job at cutting grease than the rest of this bunch, and according to the show is better at disinfecting than the harsh chemical cleansers. This will be our new go-to cleaner.

He gave it: g g g g g

SHE SAID: Whoa, this formula was a workhorse in the kitchen! It immediately (read: spray and wipe! No wait!) cut grease and food residue on the counter tops and oven. Easy peasy! And it had just enough scent to say, "Hey, my home is clean and my sinuses are happy!"

She gave it: g g g g g

Guest post from *Green Living*'s Copy Editor Rachel Luman and her husband Jeff Luman



ECO MAMA GREEN CLEAN | LAVENDER MINT BLISS ALL-PURPOSE CLEANER

HE SAID: We have a lot of pets, and the smell and mess are the only downsides. I am a fan of chemical sanitizers so that I KNOW the germs are really dead and gone, but I can't use that around the animals without harming them. Eco Mama's spray made me feel better about cleaning around my pets. The areas were clean and the pet smells eliminated. It's not the heavy-duty solution to which I'm partial, but that's a habit I'm willing to break.

He gave it: g g g g g

SHE SAID: This handmade natural cleaner smells fantastic – I spritz almost everything to freshen up the house before company arrives. But more than just a pretty scent, it cuts through grime like no one's business. I had a stain from my toddler's creative use of a permanent marker on my coffee table for months – after letting the solution sit for just a minute, the mess wiped clean away. My favorite part is it's the only bottle I need to reach for to clean my entire house.

She gave it: g g g g g

ALSO CHECK OUT ANOTHER LOCAL PICK, TRUCE CLEAN! TRUCECLEAN.COM

See more product reviews at greenlivingaz.com/hgsg

COOL OUTRAGEOUS STUFF



1 COMPOSTABLE DINNERWARE

If you must use single-serve plates or cups this holiday season, consider dining ware from **Repurpose Compostables**. Their line includes cups, bowls, plates, forks, spoons and knives that are made from corn, sugar and bamboo. These products are 100 percent compostable in 90 days, instead of sitting in a landfill forever. They are also BPA-free, chlorine-free, petroleum-free, and use only soy-based inks! Prices vary REPURPOSECOMPOSTABLES.COM

2 MINERAL POWDER FOUNDATION

This 100 percent vegan, loose mineral powder foundation from Advanced Mineral Makeup functions as a foundation, powder, concealer and SPF all in one. Contains Vitamin A and E to fight free radical damage and creates beautiful coverage alone or over Advanced Mineral liquid foundation. $35.00 ADVANCEDMINERALMAKEUP.COM



3 HYDRATE IN STYLE



This **Love Bottle** shows off the magic of the hustle and bustle of a big city. Love Bottles spread the message that you can make a difference by reducing the amount of plastic water bottles that end up in our landfills by using a sustainable, 40 percent recycled glass bottle instead! They come in a variety of fun prints and styles. $25.00 LOVEBOTTLE.NET



4 ORGANIC ORAL PULLING RINSE

Dale Audrey R.D.H. oral pulling rinse is the perfect blend of oils, herbs and extracts. Enhanced with neem, myrrh, clove, pomegranate extract and oil of oregano, it's great for gum health, canker sores, irritations, dry mouth, TMJ problems and much more. Available in four flavors: Mint, Cinnamon, Ginger and Bubblegum. $14.95 (48 swishes, 1.5 month supply) DALEAUDREY.COM

5 ORGANIC SODA

When the kids are begging for soda this holiday season, swap out sugar- and calorie-laden sodas with USDA certified organic **Veri** soda. Available in four traditional flavors: cola, orange, lemon-lime and ginger ale, Veri sodas include organic ingredients and are low in real sugar and calories. Prices vary VERISODA.COM



6 VEGAN SLOUCH BOOTS

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